

## April 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
6 Easter Monday OCDC closed	7 Toast w/ jelly Diced Peaches & 1% Milk <b>Meatball sandwich</b> <b>W.G. bun</b> <b>Celery sticks</b> <b>Kiwi</b> <b>1% Milk</b> Banana Sushi	8 Breakfast Pizza Berries w/1% Milk <b>Chicken Strips</b> <b>Brown Rice/Quinoa</b> <b>Corn</b> <b>Grapes &amp; 1% Milk</b> Popcorn & Strawberries	9 No School	10 No School
13 Corn Flakes Banana & 1% Milk <b>Tuna Noodle Casserole</b> <b>W.G. Breadstick</b> <b>Peas</b> <b>Diced Peaches</b> <b>1% Milk</b> W.W. Toast w/jelly Strawberries	14 English Muffins Mandarin Oranges 1% Milk <b>Chicken enchiladas on W.G. tortilla</b> <b>Corn</b> <b>Grapes &amp; 1% Milk</b> Snack Mix & Pear Wedges	15 Breakfast Burritos Berries & 1% Milk <b>Turkey</b> <b>W.W. Bread w/butter</b> <b>Mashed Potatoes w/gravy</b> <b>Pineapple</b> <b>1% Milk</b> Energy Bites & Apple Wedges	16 Pancakes Orange Wedges w/1% Milk <b>Sloppy Joe on W.G bun</b> <b>Green Beans w/Ranch</b> <b>Applesauce</b> <b>1% Milk</b> Cheese Stick Goldfish Crackers	17 Frosted Mini Spooners Diced Pears & 1% Milk <b>Cheeseburger on a Bun</b> <b>French Fries w/ketchup</b> <b>Mandarin Oranges</b> <b>1% Milk</b> Cheese and Crackers
20 Cheerios Clementines & 1% Milk <b>Fish Sticks w/Ketchup</b> <b>Brown Rice</b> <b>Pineapple</b> <b>Salad Greens w/Ranch</b> <b>1% Milk</b> Graham crackers Diced Pears	21 Cinnamon Swirl Toast Banana & 1% Milk <b>Spaghetti w/meat sauce</b> <b>W.G. Breadstick</b> <b>Roasted Brussel Sprouts</b> <b>Kiwi</b> <b>1% Milk</b> Mini Rice Cakes Applesauce	22 Egg Bake Mandarin Oranges 1% Milk <b>Chicken Noodle Soup</b> <b>Saltine Crackers</b> <b>W.W. Bread w/butter</b> <b>Cucumbers w/Ranch</b> <b>Pear Wedges &amp; 1% Milk</b> Chex Mix & Diced Peaches	23 French Toast Sticks Bananas & 1% Milk <b>Mac and Cheese</b> <b>Pepita Seeds</b> <b>W.G. Dinner Roll w/butter</b> <b>Tator Tots w/Ketchup</b> <b>Grapes &amp; 1% Milk</b> Apple Slices Broccoli w/Ranch	24 Banana Bread 1% Milk Fruit Cocktail <b>Taco Casserole</b> <b>W.G. Dinner Roll w/butter</b> <b>Roasted Cauliflower</b> <b>Fruit Variety &amp; 1% Milk</b> Yogurt Goldfish Crackers
27 Chex Cereal Diced Pears & 1% Milk <b>White Chicken Chili</b> <b>Sugar snap peas</b> <b>W.G. dinner roll</b> <b>Grapes &amp; 1% Milk</b> Goldfish crackers Strawberries	28 Biscuit Applesauce & 1% Milk <b>Hot Dog on W.G. bun</b> <b>French Fries w/ketchup</b> <b>Watermelon</b> <b>1% Milk</b> Pretzel sticks Diced Peaches	29 Cheese Quesadillas Orange slices & 1% Milk <b>Chicken strips</b> <b>Brown rice</b> <b>Corn</b> <b>Kiwi</b> <b>1% Milk</b> Orange/Strawberry Julius Crackers	30 Fruit and Yogurt Parfait 1% Milk <b>W.W. Sunbutter/Jelly</b> <b>Sandwich</b> <b>Boiled Egg</b> <b>Green beans w/ ranch</b> <b>Pear Wedges &amp; 1% Milk</b> W.G. Sweet Potato Bites Clementine	1 No School



# Harvest of the Month Pineapple



## Pineapple Lesson Plan

### Fun Facts About Pineapples

The pineapple plant is an herbaceous monocot. It grows 2-4 feet tall and 3-4 feet wide.

Fresh pineapple is the only known source of bromelain, which is an enzyme that has anti-inflammatory properties. Pineapple also contains potassium, iron, vitamin C, manganese, and fiber.

People decorate their homes and offices with pineapples as a symbol of luck, so that one's efforts will come to fruition.

In some cultures, the pineapple is known as one of the best gifts for a housewarming party or the opening of a new business.

Pineapples have an enzyme in them, like kiwi and papaya, that when used with meats will make the meat more tender. This enzyme is no longer active after it has been heated so canned varieties will not have the same property.

## Pineapple Recipe

### Air Fryer Caramelized Pineapple

Recipe by Aimee

Air fryer pineapple rings make a sticky-sweet dessert that is perfect for summer, especially when paired with ice cream and lime zest.

4.95 from 38 votes

Prep Time: 10minutes mins

Cook Time: 16minutes mins

Total Time: 26minutes mins

Course: Dessert

Serving: 1

Calories: 257 kcal

Equipment: Air Fryer

Air Fryer Parchment Paper

### Ingredients

5 slices of pineapple

1 Tablespoon brown sugar

¼ teaspoon cinnamon

lime zest optional

### Instructions

Core your pineapple and slice into rings about ¼ inch thick.

Preheat your air fryer at 400 degrees F for 5 minutes.

Mix the brown sugar and cinnamon together in a small bowl.

Place pineapple slices in your air fryer basket and sprinkle lightly with brown sugar/cinnamon mixture (note: leave enough to sprinkle the other side and you most likely will have some leftover after sprinkling both sides).

Cook at 380 degrees F on the first side for 7-8 minutes, then flip.

Cook an additional 7-8 minutes.

Plate and serve as desired (I love ice cream and lime zest).

### Notes

All air fryers cook differently. Check frequently to see if your pineapples are done yet.

Make sure to cook the pineapples in a single layer and don't crowd.

While it can be tempting to put a lot of brown sugar/cinnamon on the pineapples, pineapples are also naturally sweet. A sprinkling of the mixture works better than putting on too much.

If possible, try to cut all pineapple slices the same thickness so they cook evenly.

To make this recipe really easy, buy pre-sliced, pre-cored pineapple. That can be pricier though, so it is more economical to slice a pineapple yourself.

If nutrition info is shown, values are based on an online calculator and are estimates. Please verify using your own data.]