

Monday, April 15

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Ham and Cheese Bagel

Lunch

Chicken Tenders with Roll
Pulled Pork BBQ on a Roll
PB & J Kit (Graham Crackers)
Chef Salad with Graham Crackers
Sides:
Green Peas / Bean Salad
Fruit and Milk

Tuesday, April 16

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Sausage and Cheese Muffin

Lunch

Pasta with Meat Sauce with
Bread Stick
Hot Dog on Roll
PB & J Sandwich
Chef Salad with Dinner Roll
Sides:
Cesar Salad/ Fresh Veggies
Fruit and Milk

Wednesday, April 17

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Blueberry Muffin with Toast

Lunch

Popcorn Chicken Mashed Potato
Bowl with Roll
Fish Sandwich
PB & J Sandwich
Chef Salad with Dinner Roll
Sides:
Corn / Fresh Veggies
Fruit and Milk

Thursday, April 18

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or French Toast Sticks

Spring Fling -Lunch

Funnel Cake with Sausage
Bloom Lunchable
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Candied Carrots / Fresh Veggies
Bunny Cake
Fruit and Milk

Friday, April 19

Spring Break

No School!



Q: What's the GOOFIEST thing about a GOOBER?

Monday, April 22

Spring Break

No School!



Tuesday, April 23

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Yogurt with Granola

Lunch

Chicken Nuggets with Roll
Sloppy Joe on Roll
PB & J Uncrustable
Chef Salad with Dinner Roll
Sides:
Baked French Fries / Fresh
Veggies
Fruit and Milk

Wednesday, April 24

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Bagel with Cream Cheese

Lunch

Chicken Pot Pie (Chicken, Gravy
and Noodles) with Dinner Roll
Hot Dog on a Roll
PB & J Kit (Graham Crackers)
Chef Salad with Graham Crackers
Sides:
Cesar Salad/ Fresh Veggies
Fruit and Milk

Thursday, April 25

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Funnel Cake

Brunch for Lunch

3 French Toast Sticks / Sausage
Hot Ham and Cheese Croissant
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Tater Tots/ Garbanzo Beans
Fruit Juice and Milk

Friday, April 26

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Mini Waffles

Lunch

Personal Cheesy Pizza
Yogurt Cup with Graham
Crackers
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Zesty Baked Beans/ Fresh
Veggies
Fruit and Milk



A: "Goober" is another name for a peanut, and the goofiest thing about a peanut is that it's not really a nut at all! Peanuts are really beans that grow under ground. Real nuts are sometimes called "tree nuts."
Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, April 29

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Blueberry Muffin with Toast

Lunch

Cheese Stuffed Pretzel Sticks
Grilled Chicken Sandwich
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Emoji Potatoes / Fresh Veggies
Fruit Ice and Milk

Tuesday, April 30

Breakfast

Choice of Juice, Fruit and Milk
Cold Cereal with Toast
or Ham and Cheese Bagel

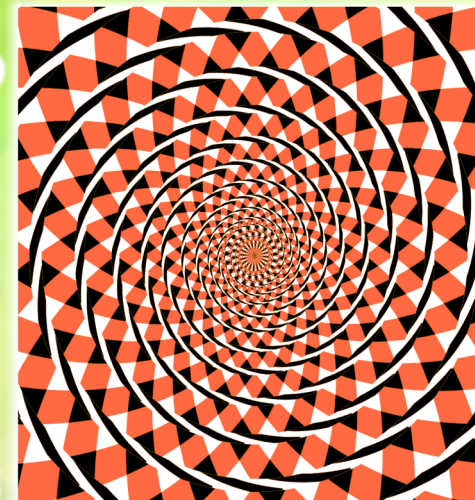
Lunch

3 Pierogis with Roll
Cheeseburger on a Roll
PB & J Sandwich
Chef Salad with Round Roll
Sides:
Green Beans / Fresh Veggies
Fruit and Milk

NUTRITION TO GO

Experts recommend that we eat at least 20-30 grams of fiber a day -- but most Americans consume less than half that much. Good sources are grains, fruits, vegetables, and beans. Check the labels on foods, like your favorite breakfast cereal -- some cereals provide ten or more grams of fiber per bowl, but shoot for at least three.

A QUICK BITE FOR PARENTS



Only an Illusion

This image might look like a spiral, but it's not -- it's a series of circles. The background makes it APPEAR to be a spiral. Try tracing one of the lines if you're not convinced. You won't move inward or outward -- you'll just go around in a circle.