

# APRIL

## Breakfast Lunch

Thursday, April 1st

Egg and Cheese Sandwich      Oven Fried Chicken  
Tator Tots, Broccoli, Biscuit

Friday, April 2nd

No School

Monday, April 5th

No School

Tuesday, April 6th

Egg and Cheese Sandwich      Red Beans w/ Rice  
Carrots w/ Ranch, Cornbread

Wednesday, April 7th

Blueberry Muffin      Frito Pie  
Cheese String

Thursday, April 8th

Maple Pancake Sandwich      BBQ Chicken Thigh, Mac  
& Cheese, Baked Beans,  
Green Beans

Friday, April 9th

French Toast Sticks      Turkey and Cheese Ciabatta  
Seasoned Corn

## April is National Garden Month

Planting a garden has many positive benefits for the entire family. Studies have shown that gardening may increase a child's intake of fruits and vegetables, their nutrition knowledge, and their preferences for certain vegetables. Furthermore, because gardening is a hands-on experience, children become more involved with and knowledge-able about where their food comes from. Try these tips to make gardening a fun experience for you and your children:

- 1) **Get the kids involved:** Allow them to help design the garden or pick what vegetables to plant. They will be excited to be a part of the process.
- 2) **Let them pick their part:** Allow them to choose jobs that interest them, whether it be planting the seeds or digging the holes to put the seeds in.
- 3) **Start out small:** Plant kid friendly crops (carrots, tomatoes, or cucumbers).
- 4) **Plant crops that grow quickly:** Kids like to see things happen fast. Plant fruits and vegetables that grow quickly like green beans or tomatoes.



## Available Daily

### All Meals Served With:

Low Fat White Milk  
Or Non Fat Chocolate Milk  
And Fresh Fruit or Fruit Juice  
**Cereal & Cheese String Served  
Everyday as Alternate Breakfast**

## Breakfast Lunch

Monday, April 12th

Cinnamon Toast      Hamburger w/ Fries  
Cereal, Cheese String      Dressing Cup, Mayo, Ketchup

Tuesday, April 13th

Maple & Chicken Sausage Sandwich      White Beans & Rice  
Carrots w/ Ranch, Cornbread

Wednesday, April 14th

Banana Muffin      Turkey Nachos  
Cheese String

Thursday, April 15th

Egg and Cheese Sandwich      Herb Roasted Chicken  
w/ Rice and Gravy, Peas  
Salad w/ Carrots, Biscuit

Friday, April 16th

Cinnamon Rolls w/ Icing      Lasagna w/ Green Beans  
Bread Stick

This institution is an equal opportunity provider and employer. Menus are subject to change.



## ▶ Available Daily

### All Meals Served With:

Low Fat White Milk  
Or Non Fat Chocolate Milk  
And Fresh Fruit or Fruit Juice  
**Cereal & Cheese String Served  
Everyday as Alternate Breakfast**

## Breakfast Lunch

### Monday, April 19th

Cinnamon Toast Cereal, Cheese String  
Cheese Pizza Salad w/ Carrots

### Tuesday, April 20th

Egg and Cheese Sandwich  
Red Beans & Rice Carrots w/ Ranch

### Wednesday, April 21st

Blueberry Muffin Cheese String  
Turkey Tacos

### Thursday, April 22nd

Maple Pancake Sandwich  
Gumbo w/ Chicken & Sausage, Rice, Salad w/ Tomatoes, WG Crackers

### Friday, April 23rd

French Toast Sticks  
Spaghetti & Meat Sauce Broccoli, Bread Stick



## What Fats are Beneficial?

Fat is a necessary nutrient for a healthy body. While some fats have neg-



ative health benefits, others are very helpful to incorporate into your daily routine. Omega 3 fatty acids and monounsaturated fatty acids aid in lowering cholesterol levels and improving heart health. Try adding these fats, in moderation, to your diet:

- 1) **Fish:** Try to include fish w/ omega 3 fatty acids into your meals at least twice per week. Examples include: salmon, tuna, or sardines.
- 2) **Walnuts and Flaxseed:** These are excellent sources of omega 3. Add them to cereals, salads, or muffins to reap these benefits.
- 3) **Oils:** Try substituting solid fats (butter or margarine) with oils (canola or soybean) when cooking.
- 4) **Nuts:** Nuts are excellent heart healthy fats and great sources of protein, fiber, vitamins, and minerals.
- 5) **Avocado:** Avocados are packed with folate, vitamins E, C, B6, potassium, fiber, and are great heart -healthy fats.

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## Breakfast Lunch

### Monday, April 26th

Cinnamon Toast Cereal, Cheese String  
Chicken Tenders, Potato Wedges, Carrots w/ Ranch

### Tuesday, April 27th

Chicken & Maple Sausage Sandwich  
White Beans w/ Rice Carrots w/ Ranch, Cornbread

### Wednesday, April 28th

Banana Muffin Cheese String  
Chicken Quesadilla

### Thursday, April 29th

Egg and Cheese Sandwich  
Oven Fried Chicken Tator Tots, Broccoli, Biscuit

### Friday, April 30th

Cinnamon Rolls w/ Icing  
Pepperoni Pizza, Salad w/ Carrots

## NATIONAL WALKING DAY



National Walking day has been celebrated first Wednesday every April since 2007. The event is sponsored by the American Heart Association to remind everyone about the health benefits of physical activity and the simplicity of going for a walk everyday to stay active. It is recommended that everyone take at least a 30 min walk get your body moving and building up to 60 min a day of physical activity. Here are some great ways to make your 30-minute walk a more enjoyable one:

- Wear comfortable clothes.
- Take a friend to pass the time.
- Make sure to stretch those muscles.
- Drink plenty of water.
- Move your arms, too.
- Make sure you have good posture.