

Happy  
Earth  
Day  
To  
You!



April 22 is  
the 40th  
Anniversary  
of the first  
Earth Day



**NUTRITION TO GO**

Moderation and variety are the keys to healthy eating habits. A burger, taco, or piece of pizza may contain more than 30% calories from fat. But when paired with lowfat chocolate milk, a piece of fruit, and carrot sticks with lowfat dip, the entire meal can be quite healthy.

**A TASTY MORSEL FOR PARENTS**



**Available Daily**

**Breakfast:** Graham Crackers, Toast, Fruit, & Fruit Juice

**Lunch:** Chef's Salad ~ Crackers  
Yogurt ~ Crackers

Peanut Butter & Jelly Sandwich  
Tuna Sandwich

Ham & Cheese Sandwich

Tuna, Turkey, and Ham & Cheese Subs  
(Includes Two Sides + Milk!)

**Monday, April 19**

**Breakfast**  
Assorted Cereal  
or Yogurt

**Lunch**  
Chicken Tenders  
~ Warm Roll

**Choice of Two**  
Tater Tots  
Winter Mix, Fruit Mix  
Fruit Juice  
*Soup of the Day:*  
Cream of Broccoli

**Tuesday, April 20**

**Breakfast**  
Sausage Pancake on Stick  
or Yogurt

**Lunch**  
Meatballs on Roll

**Choice of Two**  
Green Beans  
Sweet Potatoes  
Chilled Pears, Juice  
*Soup of the Day:*  
CK Vegetable

**Wed., April 21**

**Breakfast**  
Hot Pocket  
or Yogurt

**Lunch**  
Chicken Teriyaki Rice  
Bowl

**Choice of Two**  
Broccoli, Peaches  
Fruit Juice  
*Soup of the Day:*  
Vegetable

**Thursday, April 22**

Earth Day!  
**Breakfast**  
Scrambled Eggs & Biscuit  
or Yogurt

**Lunch**  
Hot Ham & Cheese  
on Pretzel Bun  
Mighty Rib on Bun

**Choice of Two**  
Fries, Tasty Glazed Carrots  
Applesauce, Fruit Juice  
*\*Bonus: H-Birthday Cake!*  
*Soup of the Day: Minestrone*

**Friday, April 23**

**Breakfast**  
Pancakes  
or Yogurt

**Lunch**  
Chicken Quesadilla

**Choice of Two**  
Tossed Salad w/Lite Dressing  
Fruit Sherbet Cup  
Fruit Juice  
*Soup of the Day: Chef's Choice*



**BREAK  
AN EGG.**

Hey, why do you think it's called BREAKfast? A breakfast sandwich of an egg, a slice of lean ham, and a piece of cheese on a whole-wheat English muffin, with an orange and lowfat milk, provides a delicious variety of foods, and only about 550 calories. Keeps you feeling full, too. Enjoy!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

**Monday, April 26**

**Breakfast**  
Assorted Cereal  
or Yogurt

**Lunch**  
Cheeseburger on Bun

**Choice of Two**  
Corn, Potato Wedge  
Lettuce & Tomato  
Fruit Mix, Juice  
*Soup of the Day:*  
Peas-n- Dumplings

**Tuesday, April 27**

**Breakfast**  
Breakfast Pizza  
or Yogurt

**Lunch**  
Pizza Dippers  
w/wo Marinara Sauce

**Choice of Two**  
Broccoli Salad  
Apple Slices  
Fruit Juice  
*Soup of the Day:*  
Cream of Broccoli

**Wed., April 28**

**Breakfast**  
Sausage Pancake on Stick  
or Yogurt

**Lunch**  
Chicken Poppers  
~ Warm Roll

**Choice of Two**  
Onion Rings  
Frozen Peach Cup  
Fruit Juice  
*Soup of the Day:*  
Vegetable Beef

**Thursday, April 29**

**Breakfast**  
Egg & Cheese Biscuit  
or Yogurt

**Lunch**  
Oven Baked Chicken  
~ Warm Chicken

**Choice of Two**  
Mac-n-Cheese, Stewed  
Tomatoes, Baked Apple  
Slices, Juice  
*Soup of the Day:*  
Chef's Choice

**Friday, April 30**

**Breakfast**  
Breakfast Bagel  
or Yogurt

**Lunch**  
Toasted Cheese

**Choice of Two**  
Tomato Soup  
Mandarin Oranges  
Pears, Fruit Juice  
*\*Bonus: Sun Chips!*  
*Soup of the Day: Tomato*



**PARENTS:**

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