



#### School Information



**Nutrition Tip:** Make Fruit More Appealing. Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.



#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

April Fool's Day

1

2

3

4

5

French toast  
Sausage link  
Yogurt cup  
Bagels w/cream cheese  
Fresh fruit  
Milk

8

Hot or cold cereal  
Donuts  
Yogurt cup  
Bagels w/cream cheese  
Fresh fruit  
Milk

9

Potato Bowl: eggs &  
Sausage bits  
Yogurt cup  
Bagels w/cream cheese  
Fresh fruit  
Milk

10

Pancakes, sausage link  
Applesauce cup  
Yogurt cup  
Bagels w/cream cheese  
Fresh fruit  
Milk

11

Breakfast fried rice w/  
Bacon bits  
Yogurt cup  
Bagels w/cream cheese  
Fresh fruit  
Milk

12

Waffles w/ sausage link  
Strawberry cup  
Yogurt cup  
Bagels w/cream cheese  
Fresh fruit  
Milk

15

Hot or cold cereal  
Banana bread  
Parfaits  
Bagels w/cream cheese  
Fresh fruit  
Milk

16

Scrambled eggs w/  
cheese, hashbrows  
Toast  
Yogurt cup  
Bagels w/cream cheese  
Fresh fruit, Milk

17

French toast  
Sausage link  
Yogurt cup  
Bagels w/cream cheese  
Fresh fruit  
Milk

18

Biscuits and gravy  
Hard boiled eggs  
Yogurt cup  
Bagels w/cream cheese  
Fresh fruit  
Milk

19

Earth Day  
Pancake on a stick  
Applesauce cup  
Yogurt cup  
Bagels w/cream cheese  
Fresh fruit, Milk

22

Hot or cold cereal  
Muffins  
Parfaits  
Bagels w/cream cheese  
Fresh fruit  
Milk

23

Potato bowl: eggs &  
cheese, toast  
Yogurt cup  
Bagels w/cream cheese  
Fresh fruit  
Milk

24

Waffles w/ sausage  
Strawberry cup  
Yogurt cup  
Bagels w/cream cheese  
Fresh fruit  
Milk

25

Fish Hash  
Toast  
Yogurt cup  
Bagels w/cream cheese  
Fresh fruit  
Milk

26

French toast  
Sausage link  
Yogurt cup  
Bagels w/cream cheese  
Fresh fruit  
Milk

29

Hot or cold cereal  
Cinnamon roll  
Parfaits  
Bagels w/cream cheese  
Fresh fruit  
Milk

30

Scrambled eggs w/  
Bacon, cheese, toast  
Hashbrown  
Yogurt cup  
Bagels w/cream cheese  
Fresh fruit, Milk





#### School Information:



**April is National Garden Month.** Consider planting some seeds at home. You can start your seeds indoors in a small container (an empty cereal bowl from school would work well) and move them outside to a patio or garden plot when the weather allows.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

April Fool's Day

1

2

3

4

5

Hamburger's  
Chips  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

8

Pizza  
Pretzel w/ cheese cup  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

9

Chicken drumsticks  
Mashed potatoes  
Gravy, Squash, Roll  
Sandwiches  
Salad bar  
Fresh fruit, Milk

10

Nacho or Burrito  
Spanish rice, Refried  
beans  
Sandwiches  
Salad bar  
Fresh fruit, Milk

11

Chicken burgers  
Chips  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

12

Goulash w/ corn  
A roll  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

15

Pizza  
Pretzel w/ cheese cup  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

16

Chicken strips  
Tater tots w/ a roll  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

17

Tomato Soup  
Cheese bread  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

18

Corndog or  
Meatball's sub  
Chips  
Sandwiches  
Salad bar  
Fresh fruit, Milk

19

**Earth Day**  
Chicken Alfredo  
Broccoli w/ Bread sticks  
Sandwiches  
Salad bar  
Fresh fruit, Milk

22

Pizza  
Pretzel w/ cheese cup  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

23

Popcorn Chicken  
Mashed potato, gravy  
Corn and a roll  
Sandwiches  
Salad bar  
Fresh fruit, Milk

24

Sweet & Sour Chicken  
Rice, Potstickers  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

25

Hamburgers  
Chips  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

26

Spaghetti  
Corn w/ rolls  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

29

Pizza  
Pretzel w/ cheese cup  
Sandwiches  
Salad bar  
Fresh fruit  
Milk

30

Chicken nuggets  
Potato wedges  
A roll  
Sandwiches  
Salad bar  
Fresh fruit, Milk

