

# APRIL

## PRE-KINDER

Milk will be offered with every meal.

### Do You Have a Nutrient Rich Diet?

If you are eating at your school cafeteria you do! See below to learn about a few of the essential nutrients being served in your lunch today.

- Fiber- plays an essential role in your digestive, heart, and skin health
  - » Pinto Beans
  - » Apples
- Potassium- helps keep kidneys healthy and prevent muscle cramps
  - » Broccoli
  - » Potatoes
- Vitamin A- keeps eyes and skin healthy and helps protect against infections
  - » Carrots
  - » Romaine Lettuce
- Vitamin C- helps heals cuts and wounds and keeps teeth and gums healthy
  - » Strawberries
  - » Green Beans



ENJOY YOUR DAY OFF!

Monday	Tuesday	Wednesday	Thursday	Friday
1 Spaghetti with Meat Sauce Garlic Toast Seasoned Vegetables Fruit Salad	2 Nachos Refried Beans Tossed Salad Spanish Rice Fresh Apple	3 Popcorn Chicken Seasoned Corn Creamy Mashed Potatoes Hot Roll Fruit Cup	4 Breakfast for Lunch Pancakes with Sausage Emoji Fries Tropical Trio Slush Berries & Cream	5 Cheese Burger Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit
8 Choice of Pizza Seasoned Corn Fruit Cup	9 Soft Tacos Pinto Beans Lettuce & Tomato Spanish Rice Orange Smiles	10 Steak Fingers Hot Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apple Sauce	11 Mac & Cheese Popcorn Chicken Garlic Knot Carrot Dippers Fruit Cup	12 Bacon Cheese Burger Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit
15 Choice of Pizza Seasoned Vegetables Fruit Dessert	16 Crispitos Garden Fresh Salad Beans & Rice Fruit Cup	17 Chicken Strips Hot Roll Mashed Potatoes Seasoned Vegetables Mixed Fruit Cup	18 Popcorn Chicken Fried Rice Seasoned Vegetables Fruit Salad	19 Chicken Sandwich Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit
22 Spaghetti with Meat Sauce Garlic Toast Seasoned Corn Fruit Cup	23 Nachos Refried Beans Carrot Dippers Spanish Rice Fresh Apple	24 Boneless Wings Hot Roll Mashed Potatoes Seasoned Green Beans Peach Crisp	25 Breakfast for Lunch Pancakes w/ Sausage Emoji Fries Tropical Trio Slush Berries & Cream	26 ENJOY YOUR DAY OFF!

### Breakfast

An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week of 4/1 & 4/15	Breakfast on Bun	French Toast Sticks	Bacon & Eggs w/ Toast	Breakfast Taco	Biscuits & Gravy
Week of 4/8 & 4/22	Breakfast Bowl	Pancake Wrap	Eggs & Sausage w/ Toast	Breakfast Pizza	Yogurt Parfait & Scoobies