

Earth Day April 22



Keep it clean

Tuesday, April 16

Breakfast
Breakfast in a Bag
Milk

Lunch
Pizza
Romaine Salad/
Dressing
Chilled Peaches
Milk

Wednesday, April 17

Breakfast
Breakfast in a Bag
Milk

Lunch
Hot Ham & Cheese
Croissant
Green Beans
Chilled Mixed Fruit
Milk
Ketchup/Mayo

Thursday April 18

Breakfast
Breakfast in a Bag
Milk

Lunch
BBQ Pulled Pork/
Mini Sub Bun
Oven Potatoes
Chilled Pears
Milk
Ketchup

Friday, April 19

Breakfast
Breakfast in a Bag
Milk

Lunch
Cheeseburger/Bun
Baked Beans
Chilled Applesauce
Milk
Ketchup/Mustard



Monday, April 22

Breakfast
Breakfast in a Bag
Milk

Lunch
Hoagie
Pickle
Sun Chips
Celery Sticks/Dip
Strawberries
Milk
Ketchup/Mustard/Mayo

Tuesday, April 23

Breakfast
Breakfast in a Bag
Milk

Lunch
Pork Enchilada W/
Cheese
Refried Beans W/
Cheese & Salsa
Strawberries
Ice Cream Cup
Milk

Wednesday, April 24

Breakfast
Breakfast in a Bag
Milk

Lunch
Pasta W/Meat Sauce
String Cheese
Steamed Broccoli
Chilled Pears
Milk

Thursday, April 25

Breakfast
Breakfast in a Bag
Milk

Lunch
Cheeseburger/Bun
Green Beans
Chips
Mixed Berries
Milk
Ketchup/Mustard

Monday, April 26

Breakfast
Breakfast in a Bag
Milk

Lunch
Ham & Turkey Wrap
Baby Carrots/Dip
Raisins
Rice Krispie
Milk
Ketchup/Mustard/
Mayo

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



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

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

Tuesday, April 30

Breakfast
Breakfast in a Bag
Milk

Lunch
BBQ/Bun
Green Beans
Mixed Berries
Cookie
Milk

CENTRAL-ST.MARY'S-
LINCOLN-WASHINGTON-JR.
HIGH

Menu subject to change