

Monday



283 Chicken Tenders with Corn
OR
281 Popcorn Chicken with Roasted Potatoes
620 Salsa
752 Fruit Punch Juice
941 Tostitos Scoops

3

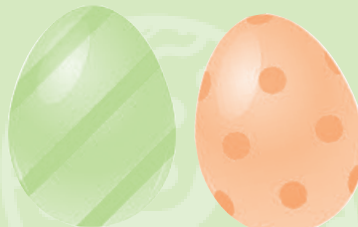
Tuesday



273 Swedish Meatballs with Broccoli
OR
282 BBQ Popcorn Chicken with Sweet Mashed Potatoes
611 Bagged Baby Carrots
659 Watermelon Craisins
928 Goldfish Pretzels

4

Wednesday



274 Toasted Cheese Sandwich
OR
218 Mozzarella Pinwheel
622 Marinara Sauce
631 Cherry Star Vegetable Juice
649 Dole Orange Gello Bowl

5

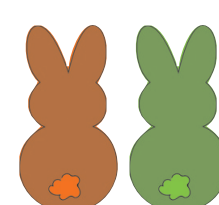
Thursday



Holy Thursday

6

Friday



1

Good Friday

7

284 Chicken Alfredo with Broccoli
OR
282 BBQ Popcorn Chicken with Sweet Mashed Potatoes
630 Dragon Punch Vegetable Juice
608 Dole Tropical Fruit Cup
901 Honey Biscuit

10

225 Ciabatta Cheese Melt **OR**
256 Cheese Stuffed Breadsticks **OR**
227 Turkey Ham, Turkey Pepperoni & Cheese Sandwich
622 Marinara Sauce
633 Sunset Sip Vegetable Juice
691 Strawberry Apple Crisp

11

280 Hamburger with Green Beans &
915 Hamburger Bun **OR**
281 Popcorn Chicken with Roasted Potatoes
541 Chocolate Hummus
686 Rosati Water Ice
993 Holiday Cookie

12

215 Taco Stick **OR**
252 Hot Dog with Bun **OR**
228 Turkey Ham & Cheese Sub
620 Salsa
611 Bagged Baby Carrots
670 Fresh Fruit
941 Tostitos Scoops

13

263 5" Round Cheese Pizza
OR
268 French Bread Pizza
708 Romaine Salad with Spinach & Chickpeas
670 Fresh Fruit
992 Oatmeal Cookie

14

298 Turkey Chili with Italian Vegetables
OR
293 Parmesan Popcorn Chicken with Green Beans
620 Salsa
752 Fruit Punch Juice
941 Tostitos Scoops

17

295 Meatloaf with Mashed Potatoes
OR
280 Hamburger with Green Beans
630 Dragon Punch Vegetable Juice
670 Fresh Fruit
915 Hamburger Bun

18

202 Cheeseburger with Bun
OR
226 Philly Cheesesteak Pinwheel
703 Roasted Potatoes
670 Fresh Fruit
990 Chocolate Chip Cookie

19

282 BBQ Popcorn Chicken with Sweet Mashed Potatoes
OR
228 Turkey Ham & Cheese Sub
611 Bagged Baby Carrots
546 Cheesy Pizza Hummus
659 Watermelon Craisins
909 Dinner Roll

20

256 Cheese Stuffed Breadsticks & 622 Marinara Sauce **OR**
268 French Bread Pizza **OR**
227 Turkey Ham, Turkey Pepperoni & Cheese Sandwich
708 Romaine Salad with Spinach & Chickpeas
648 Dole Strawberry Gello Bowl

21

273 Swedish Meatballs with Noodles & Broccoli
OR
288 Mac & Cheese with Broccoli
631 Cherry Star Vegetable Juice
670 Fresh Fruit
909 Dinner Roll

24

281 Popcorn Chicken with Roasted Potatoes
OR
283 Chicken Tenders with Corn
611 Bagged Baby Carrots
749 Apple Cherry Juice

25

286 Penne Pasta with Meat Sauce & Italian Vegetables
OR
284 Chicken Alfredo with Penne & Broccoli
630 Dragon Punch Vegetable Juice
684 Mixed Berry Applesauce

26

277 Chicken Fajita Bowl with Black Beans & Tomatoes
670 Fresh Fruit
932 Cinnamon Scooby Snacks

27

264 4x6 Cheese Pizza **OR**
263 5" Round Cheese Pizza **OR**
242 Chicken Turkey Ham & Cheese Wedge
706 Romaine Salad with Cherry Tomatoes
750 Apple Juice
992 Oatmeal Cookie

28

APRIL 2023

NUTRITION NUGGETS

The 5/20 Rule: Look at the Nutrition Facts label on the back of a food's packaging to see how much of each nutrient it has. If the percentage is **5% or less, it is considered LOW**. If it is **20% or more, it is HIGH**. For example, a food with 25% Fiber is high. The more fiber the better!



Wellness Corner

- **Fuel Your Mind:** Stop by the library and pick up a new book to read.
- **Stay Hydrated:** Carry a water bottle with you as a reminder to drink throughout the day. As the days get warmer, the more you sweat, the more water you'll need.

Dear Parents, Caregivers & Students,

As we welcome spring weather, we are also celebrating National Garden Month. Explore the possibilities by trying to grow your own seeds.

April's Monthly Harvest is **Leafy Greens!** These veggies are loaded with iron, folate, Vitamin K and fiber! Add a few spinach leaves to a fruit smoothie for a sneaky way to incorporate more greens, or check out the Veggie Wrap recipe below.

Veggie Wrap

- Tortilla wrap
- Lettuce, kale or other leafy green
- Cucumber
- Carrots
- Cream Cheese
- Optional: chicken

1. Spread thin layer of cream cheese on entire tortilla
2. Add shredded carrots
3. Add very thinly sliced cucumbers
4. Add lettuce or other leafy greens
5. Roll up then enjoy!



Courtesy of Super Healthy Kids



Prayer Corner

Lord, thank you for allowing the seasons to change, that we may see the beautiful blooms of your creation. Please continue to give us the means to feed our or bodies well.
Amen.