

Menus for April 2022

CNMI Public School System Child Nutrition Program

This institution is an equal opportunity provider. Menus are subject to change.



Important news about April Fool's Day

Congress has passed a new law declaring that, from now on, April Fool's Day will be celebrated on the first Monday of April, rather than on April 1. Please plan all jokes accordingly. For more details, please see the other page.

Friday, April 1

Breakfast
French Toast w/Syrup
Sausage
Fruit

Lunch
NEW ITEM *Chicken Piccata* **NEW ITEM**
Pasta Noodles
Sesame Broccoli
Carrots
Fruit
Flavored Milk

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit



SPORTS HER WAY

Girls' participation in high school sports continues to grow -- and girls begin to form the habits of playing sports and staying fit in elementary school! Girls now make up 43% of all high school athletes, and girls who play high school sports are 73% more likely to graduate from college than girls who don't play a sport. The fastest growing high school sport in the U.S. is girls lacrosse, which showed a 53% jump in the number of participants during the 2010s.

Monday, April 4

Breakfast
Assorted Cereal
Fruit

Lunch
Chicken Curry with
Carrots and Potato Chunks
Steamed Broccoli
Steamed Rice
Fruit

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

Tuesday, April 5

Breakfast
Fried Rice with
Portuguese Sausage
Fruit

Lunch
Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice
Chicken Burger
Sandwich Sides
Sweet Potato Fries
Fruit

Wednesday, April 6

Breakfast
Ham & Cheese Roll
Fruit

Lunch
NEW ITEM *Kung Pao Chicken* **NEW ITEM**
Steamed Rice
Carrots & Broccoli
Fruit

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

Thursday, April 7

Breakfast
Sausage Patty with
Garlic Rice
Fruit

Lunch
Beef Lasagna
Garlic Cauliflower & Broccoli
Corn
Fruit

Secondary Second Choice
Tuna Salad Sandwich
Whole Grain Bun
Sandwich Sides
Japanese Salad
Fruit

Friday, April 8

Breakfast
Pancakes w/Syrup
Bacon
Fruit

Lunch
Breaded Fish w/ Sauce
Red Rice
Potato Wedges
Local Vegetables
Fruit
Flavored Milk

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

Monday, April 11

Breakfast
Assorted Cereal
Fruit

Lunch
Grilled Ham Steak
Steamed Rice
Sweet Potato Fries
Texas BBQ Beans
Fruit

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

Tuesday, April 12

Breakfast
Ground Beef & Vegetable Omelet
Steamed Rice
Fruit

Lunch
Chicken Burger
Potato Wedges
Broccoli
Fruit

Secondary Second Choice
Sub Sandwich on WGR Roll
Honey Onion Dressing
Vegetable Sticks & Dip
Fruit

Wednesday, April 13

Breakfast
Pan de Sal with
Egg & Cheese
Fruit

Lunch
Beef Steak with Green Peas & Onions
Red Rice
Broccoli
Fruit

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

Thursday, April 14

**Spring Break
Public Schools Closed**

Breakfast
Sausage and Egg Scramble
Steamed Rice
Fruit

Lunch
Cheese Pizza
Vegetable Sticks & Dip
Fruit

Friday, April 15

**Spring Break
Public Schools Closed**

Breakfast
French Toast w/Syrup
Sausage
Fruit

Lunch
BBQ Chicken
Red Rice
Potato Salad
Corn
Fruit
Flavored Milk

Word of the Month

re·li·a·ble

- adj. 1. trustworthy, steady
 2. characterized by consistent dependability of judgment, character, performance, or result
 3. accurate, true

Monday, April 18

Spring Break Public Schools Closed

Breakfast
Assorted Cereal
Fruit

Lunch
Oven Fried Chicken
Red Rice
Sautéed Spinach
Corn
Fruit

Tuesday, April 19

Breakfast
Sausage Links
Garlic Fried Rice
Fruit

Lunch
Marianas BBQ Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice
5 Alarm Pizza
Vegetable Sticks & Dip
Fruit

Wednesday, April 20

Breakfast
Grilled Cheese Sandwich
Fruit

Lunch
Beef Bulgogi w/ Bell Peppers
Bean Sprouts & Onions
Carrots
Steamed Rice
Fruit

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

Thursday, April 21

Breakfast
Grilled Ham
Fried Rice
Fruit

Lunch
Spaghetti Bolognese
Dinner Roll
Garlic Spinach
3 Bean Salad
Fruit

Secondary Second Choice
Chicken Kelaguen with Titiyas
Vegetable Sticks and Dip
Japanese Salad
Fruit

Friday, April 22

Breakfast
Pancakes w/ Syrup
Bacon
Fruit

Lunch
Breaded Fish w/ Sauce
Red Rice
Potato Wedges
Local Vegetables
Fruit
Flavored Milk

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit



Don't get too juiced about your juice!

Juice boxes invaded America around 1980 and have since become required equipment for kids and parents everywhere. Juice is fine for kids, but many of the most popular juice boxes are mostly sugar, with very little juice. So make sure any juice kids (and adults, for that matter) drink is 100% fruit juice, and limit kids to 6-8 ounces a day. Kids should get most of their orange juice by eating an orange and should mostly drink water or milk.



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, April 25

Breakfast
Assorted Cereal
Fruit

Lunch
Chicken Alfredo w/Spinach
Garden Salad
Local Vegetables
Fruit

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

Tuesday, April 26

Breakfast
Tropical Storm Fried Rice
Fruit

Lunch
Turkey and Gravy
Dinner Roll
Mashed Potatoes
Steamed Carrots
Fruit

Secondary Second Choice
Thai Beef Noodle Bowl
Bell Peppers & Carrots
Mixed Vegetables
Fruit

Wednesday, April 27

Breakfast
Macaroni & Cheese
Fruit

Lunch
Beef & Broccoli
Steamed Rice
Mixed Vegetables
Fruit

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

Thursday, April 28

Breakfast
Fried Rice with
Chicken Nuggets
Fruit

Lunch
Pepperoni Pizza
Vegetable Sticks & Dip
3 Bean Salad
Fruit

Secondary Second Choice
Hawaiian Pizza
Vegetable Sticks & Dip
3 Bean Salad
Fruit

Friday, April 29

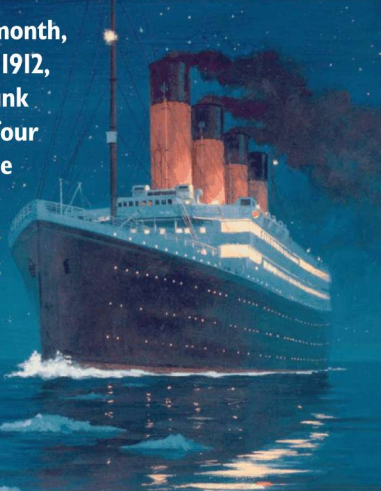
Breakfast
French Toast w/Syrup
Sausage
Fruit

Lunch
NEW ITEM **Marinara Pasta Bake**
NEW ITEM Sesame Broccoli
Carrots
Flavored Milk

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

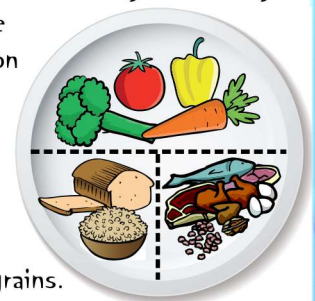


One hundred years ago this month, on the morning of April 15, 1912, the "unsinkable" Titanic sank after hitting an iceberg just four days into its very first voyage. The ship was almost 900 feet long and 10 stories high, but it was no match for the iceberg -- it sank just 2½ hours after impact.



DIVIDE AND PROSPER.

There's a simple way to make sure you're eating good proportions of the various foods you put on your dinner plate: half should be veggies and fruit, a quarter lean protein, and a quarter starch, which should mostly be from whole grains.



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