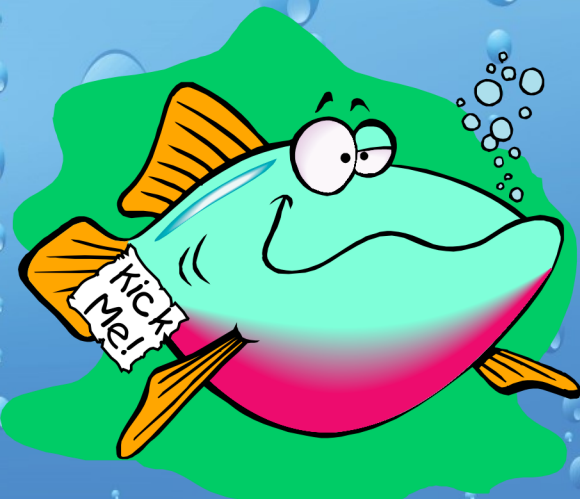


# April FISH?



In France, April Fool's Day is called "April Fish Day," and the person you play a prank on is called the "poisson d'Avril" -- THE APRIL FISH!. No, really, it's true!

Monday, April 3	Tuesday, April 4	Wednesday, April 5	Thursday, April 6	Friday, April 7
Spring Break Public Schools Closed	Spring Break Public Schools Closed	Spring Break Public Schools Closed	Spring Break Public Schools Closed	Good Friday Public Schools Closed
<b>Breakfast</b> Assorted Cereal Fruit	<b>Breakfast</b> Fried Rice with Portuguese Sausage Fruit	<b>Breakfast</b> Ham and Cheese Roll Fruit	<b>Breakfast</b> Sausage & Egg Scramble Steamed Rice Fruit	<b>Breakfast</b> Pancakes with Syrup Bacon Fruit
<b>Lunch</b> Chicken Curry with Carrots and Potatoes Broccoli Steamed Rice Fruit	<b>Lunch</b> Cheeseburger Sandwich Sides Sweet Potato Fries Fruit	<b>Lunch</b> Breaded Chicken with Gravy Mashed Potato 3 Bean Salad WGR Roll Fruit	<b>Lunch</b> Beef Lasagna Garlic Cauliflower & Broccoli Corn Fruit	<b>Lunch</b> Chicken Piccata Garden Salad Local Vegetables Flavored Milk Fruit
Monday, April 10	Tuesday, April 11	Wednesday, April 12	Thursday, April 13	Friday, April 14
<b>Breakfast</b> Assorted Cereal Fruit	<b>Breakfast</b> Sausage Links Garlic Fried Rice Fruit	<b>Breakfast</b> Pan de Sal with Egg & Cheese Fruit	<b>Breakfast</b> Tropical Storm Fried Rice Fruit	<b>Breakfast</b> French Toast with Syrup Sausage Fruit
<b>Lunch</b> Grilled Ham Steak Steamed Brown Rice Sweet Potato Fries Texas BBQ Beans Fruit	<b>Lunch</b> Chicken Burger Potato Wedges Broccoli Fruit	<b>Lunch</b> Beef Steak with Green Peas & Onions Red Rice Local Vegetables Broccoli Fruit	<b>Lunch</b> Pepperoni Pizza Vegetable Sticks & Dip Fruit	<b>Lunch</b> BBQ Chicken Red Rice Corn and Potato Salad Flavored Milk Fruit
<b>Secondary Second Choice</b> Salad Bar/Packed Salad WGR Roll or Crackers Fruit	<b>Secondary Second Choice</b> Subway Sandwich with Honey Onion Dressing on WGR Bun Vegetable Sticks & Dip Fruit	<b>Secondary Second Choice</b> Salad Bar/Packed Salad WGR Roll or Crackers Fruit	<b>Secondary Second Choice</b> Buffalo Chicken Wrap Vegetable Sticks & Dip Japanese Salad Fruit	<b>Secondary Second Choice</b> Salad Bar/Packed Salad WGR Roll or Crackers Fruit

# GET IT IN YOU.

OK, this is big. Really big. So listen up. Fiber is found naturally in whole grains, fruits, and vegetables and is added to many other foods. It's good for you. Really good. SO EAT MORE FIBER.

# FIBER

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

# Happy Earth Day To You!



April 22 is the 52nd Anniversary of the first Earth Day



# Q: Where do we get our tomatoes?

**A:** The average American eats 22 pounds of tomatoes a year, and all of them came from a vine somewhere. But less than half the tomatoes we eat are fresh. We get most of our tomatoes in processed form, out of a bottle of ketchup or a can of tomato sauce.

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, April 17**

## **Breakfast**

Assorted Cereal  
Fruit

## **Lunch**

Oven Fried Chicken  
Red Rice  
Corn  
Sauteed Spinach  
Fruit

## **Secondary Second Choice**

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Tuesday, April 18**

## **Breakfast**

Ground Beef & Veggie  
Omelet  
Steamed Rice  
Fruit

## **Lunch**

Marianas BBQ Cheeseburger  
Sandwich Sides  
Sweet Potato Fries  
Fruit

## **Secondary Second Choice**

Fire Alarm Pizza  
Vegetable Sticks & Dip  
Fruit

**Wednesday, April 19**

## **Breakfast**

Grilled Cheese Sandwich  
Fruit

## **Lunch**

Beef Bulgogi with Bell Peppers,  
Bean Sprouts & Onions  
Steamed Rice  
Carrots  
Fruit

## **Secondary Second Choice**

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Thursday, April 20**

## **Breakfast**

Grilled Ham with Fried Rice  
Fruit

## **Lunch**

Spaghetti Bolognese  
WGR Roll  
Garlic Spinach  
3 Bean Salad  
Fruit

## **Secondary Second Choice**

Chicken Kelaguen  
Titiyas  
Vegetable Sticks and Dip  
Japanese Salad  
Fruit

**Friday, April 21**

## **Breakfast**

Pancakes with Syrup  
Bacon  
Fruit

## **Lunch**

Breaded Fish with Sauce  
Red Rice  
Potato Wedges  
Local Vegetables  
Flavored Milk  
Fruit

## **Secondary Second Choice**

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Monday, April 24**

## **Breakfast**

Assorted Cereal  
Fruit

## **Lunch**

Kung Pao Chicken  
with Bell Peppers  
Steamed Rice  
Sesame Broccoli  
Fruit

## **Secondary Second Choice**

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Tuesday, April 25**

## **Breakfast**

Fried Rice with Chicken Nuggets  
Fruit

## **Lunch**

Turkey & Gravy  
WGR Roll  
Mashed Potato  
Steamed Carrots  
Fruit

## **Secondary Second Choice**

Thai Beef Noodle Bowl  
Bell Peppers & Carrots  
Mixed Vegetables  
Fruit

**Wednesday, April 26**

## **Breakfast**

Mac & Cheese  
Fruit

## **Lunch**

Beef Broccoli  
Steamed Rice  
Mixed Vegetables  
Fruit

## **Secondary Second Choice**

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Thursday, April 27**

## **Breakfast**

Sausage Patty with Garlic Rice  
Fruit

## **Lunch**

Cheese Pizza  
Vegetable Sticks & Dip  
3 Bean Salad  
Fruit

## **Secondary Second Choice**

Hawaiian Pizza  
Vegetable Sticks & Dip  
3 Bean Salad  
Fruit

**Friday, April 28**

## **Breakfast**

French Toast with Syrup  
Sausage  
Fruit

## **Lunch**

Chicken Alfredo with Spinach  
Garden Salad  
Local Vegetables  
Flavored Milk  
Fruit

## **Secondary Second Choice**

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

# NUTRITION TO GO

**Moderation and variety are the keys to healthy eating habits. A burger, taco, or piece of pizza may contain more than 30% calories from fat. But when paired with lowfat chocolate milk, a piece of fruit, and carrot sticks with lowfat dip, the entire meal can be quite healthy.**

**A QUICK BITE FOR PARENTS**