

# EGGS








- Eggs contain the highest quality protein you can buy.
- To tell if an egg is raw or hard-cooked, spin it! If the egg spins easily, it is hard-cooked but if it wobbles, it is raw.
- Egg yolks are one of the few foods that are a naturally good source of Vitamin D.

## April is National

- Yogurt Month
- Soft Pretzel Month
- Strawberry Month



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Scrambled Eggs &amp; Toast or Cereal &amp; Toast Fruit &amp; Juice Milk</p> <p>-----</p> <p>Ham &amp; Cheese Sandwich Glazed Carrots Fresh Apple Wedges Milk</p> 	<p>4</p> <p>Mini Pancakes &amp; Syrup or Cereal &amp; Toast Fruit &amp; Juice Milk</p> <p>-----</p> <p>Hamburger or Cheeseburger French Fries Grapes Milk</p>	<p>5</p> <p>Mini Donuts &amp; Toast or Cereal &amp; Toast Fruit &amp; Juice Milk</p> <p>-----</p> <p>Crispy Chicken Strips Golden Corn Strawberry Cup Milk</p>	<p>6</p> <p>Sausage Biscuit or Cereal &amp; Toast Fruit &amp; Juice Milk</p> <p>-----</p> <p>Nacho Supreme Shredded Lettuce &amp; Cheese Refried Beans Bananas &amp; Pudding Milk</p> 	<p>7</p> <p>Cinnamon Swirl Muffin Cake or Cereal &amp; Toast Fruit &amp; Juice Milk</p> <p>-----</p> <p>Cheese Pizza or Pepperoni Pizza Leafy Green Salad Warm Apple Slices Milk</p>
<p>10</p> <p>Scrambled Eggs &amp; Toast or Cereal &amp; Toast Fruit &amp; Juice Milk</p> <p>-----</p> <p>BBQ Rib Sandwich Baked Beans Peaches Milk</p>	<p>11</p> <p>Mini Waffles &amp; Syrup or Cereal &amp; Toast Fruit &amp; Juice Milk</p> <p>-----</p> <p>Chicken Nuggets Broccoli &amp; Cheese Applesauce Milk</p> 	<p>12</p> <p>Biscuit &amp; Sausage Gravy or Cereal &amp; Toast Fruit &amp; Juice Milk</p> <p>-----</p> <p>Chili Cheez-Its Celery &amp; Carrot Sticks w/Dip Pears Milk</p>	<p>13</p> <p>Mini Cinnis &amp; Toast or Cereal &amp; Toast Fruit &amp; Juice Milk</p> <p><b>Easter Dinner</b> Turkey Roast Mashed Potatoes &amp; Gravy Fresh Fruit Easter Cake Milk</p> 	<p>14</p> <p><b>3 Hour Early Release</b> Manager's Choice or Cereal &amp; Toast Fruit &amp; Juice Milk</p> <p>-----</p> <p>Manager's Choice Choice of Vegetable Choice of Fruit Milk</p> 

**Available Daily for Lunch**

- PB & J Sandwich w/Yogurt
- Chef Salad w/Crackers

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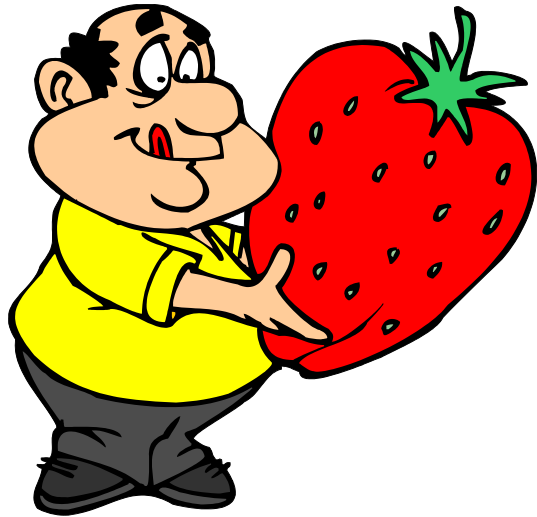


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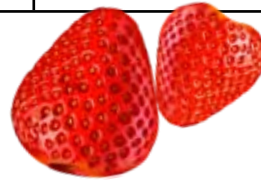
# APRIL

## ELEMENTARY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
17 Scrambled Eggs & Toast or Cereal & Toast Fruit & Juice Milk ----- Deli Ham & Cheese Sandwich Sunchips Baby Carrots & Dip Strawberry Cup Milk	18 Sausage Pancake Stick & Syrup or Cereal & Toast Fruit & Juice Milk ----- Hamburger or Cheeseburger French Fries Grapes Milk	19 Chocolate Chip Muffin Cake or Cereal & Toast Fruit & Juice Milk ----- Grilled Cheese Sandwich Homemade Vegetable Soup Fresh Apple Wedges Milk	20 Egg Ham Cheese English Muffin or Cereal & Toast Fruit & Juice Milk ----- Taco Crunch Shredded Lettuce & Cheese Corn Jello w/Fruit Milk	21 Long John Donut & Toast or Cereal & Toast Fruit & Juice Milk ----- BBQ Pork Sandwich Coleslaw Mixed Fruit Choc Sundae Crunch Bar Milk
24 Scrambled Eggs & Toast or Cereal & Toast Fruit & Juice Milk ----- Mozzarella Bosco Breadsticks Peas Applesauce Milk	25 Mini French Toast & Syrup or Cereal & Toast Fruit & Juice Milk ----- Wild Mike's Pizza Garden Salad Peach Crisp Milk	26 Sausage Biscuit or Cereal & Toast Fruit & Juice Milk ----- Chicken Fajitas Refried Beans Orange Wedges Milk	27 Tornos or Cereal & Toast Fruit & Juice Milk ----- Manwich Sandwich Tater Tots Fresh Fruit Salad Milk	28 Donut Holes & Toast or Cereal & Toast Fruit & Juice Milk ----- Deli Turkey Sandwich Cheetos Broccoli Cauliflower Salad Pears Milk

- Strawberries make muscles work better.
- Strawberries make the brain work better.
- Strawberries are a member of the rose family.
- Giant strawberries can be as large as apples, measuring 8-10 centimeters in length.
- Strawberries have more Vitamin C per serving than an orange.
- Each American eats 3.4 pounds of fresh strawberries each year plus another 1.8 pounds frozen.
- Strawberries at room temperature are sweeter than cold strawberries.



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