

# APRIL

JCHS MENU



# 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
3 Pepperoni Bosco Breadsticks or BBQ Rib Sandwich or Roasted Chicken w/Hot Roll or Corn Dog	4 Hot Sub Sandwich or Spicy or Crispy Chicken Filet or Taco Crunch	5 Roasted Chicken w/Bread or Chicken Vegetable Soup & Turkey Wrap	6 Spaghetti & Meat Sauce or Mini Corn Dogs or Buffalo Pizza or Quesadilla  <b>Cookie w/Meal</b>	7 Choice of Pizza or Fish Sticks w/Mac & Cheese or Burrito Bar
10  Hamburger or Cheeseburger or Enchiladas or Pepperoni Bosco Breadsticks	11 Hot Sub Sandwich or Spicy Chicken Filet Sandwich or Toasted Ravioli w/Garlic Toast	12 Spicy Chicken Wings or BBQ Wings w/Bread Item or Chili & Cheez-Its or Soft Pork Tacos	13 Turkey Roast & Gravy or Hot Dog Bar or Pasta Bar  <b>Easter Cake w/Meal</b> 	14 <b>3 Hour Early Release</b> Pizza or Nachos  

**Available Daily for Lunch**

- PB& J Sandwich
- Deli Sandwich
- Yogurt Bundles

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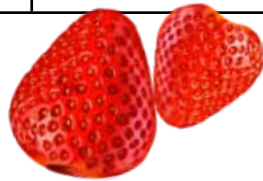
# APRIL

## JCHS MENU




Monday	Tuesday	Wednesday	Thursday	Friday
17 Mozzarella Bosco Breadsticks or BBQ Rib Sandwich or Crispitos	18 Hot Sub Sandwich or Spicy Chicken Filet Sandwich or Spaghetti & Meat Sauce	19 Sack Lunch Day	20 Mexican Bar or Turkey Wrap or Mini Corn Dogs	21 Wild Mike's Pizza or General Tso's Chicken w/Rice
24 Hamburger or Cheeseburger or Enchiladas or Pepperoni Bosco Breadsticks	25 Hot Sub Sandwich or Spicy Chicken Filet Sandwich or Pasta Bar	26 Golden or Spicy Chicken Strips or Philly Beef Sandwich or Chicken Oriental w/Rice	27 Taco Crunch or BBQ Pork Sandwich or Garlic Parmesan Chicken Sub	28 Choice of Pizza or Chicken Fajitas or Tornados  <b>Ice Cream w/Meal</b>

- 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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