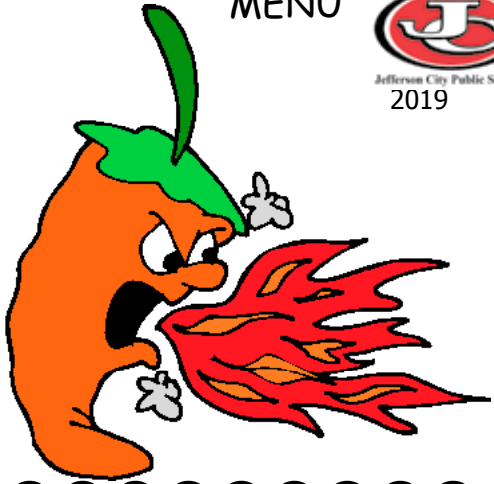


APRIL

ELEMENTARY
MENU



item: hot peppers

verdict: **FIRE!!!**



tip: Turns out that setting your mouth ablaze can be good for you. Hot chili peppers like habaneros, scotch bonnets, and jalapenos contain a substance called "capsaicin" that is a powerful pain reliever and that also helps curb the appetite, speed up metabolism, and burn up to 100 extra calories. The hotter the pepper the more capsaicin, so go on ---**feel the burn!**

Mon	Tues	Wed	Thurs	Fri
<p>1 April Fool's Day</p> <p>Scrambled Eggs & Toast or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Hot Dog Baked Beans French Fries Applesauce Milk</p>	<p>2</p> <p>Breakfast Sandwich or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Chicken & Noodles Hot Roll Glazed Carrots Grapes Milk</p>	<p>3</p> <p>Pancake Sausage Stick or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Beef Tacos Lettuce & Cheese Corn Refried Beans Pears Milk</p>	<p>4</p> <p>Breakfast Pizza or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Chicken Nuggets Mini Biscuit Green Beans Jello w/Apricots Milk</p>	<p>5</p> <p>Mini Donuts & Toast or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Choice of Pizza Steamed Broccoli Peach Cup Milk</p>
<p>8</p> <p>Scrambled Eggs & Toast or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Grilled Cheese Tomato Soup Riviera Vegetables Apple Wedges Milk Smores w/Meal</p>	<p>9</p> <p>Breakfast Sandwich or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Pepperoni Bosco Breadsticks Green Beans Strawberry Cup Milk</p>	<p>10</p> <p>Mini Pancakes & Toast or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Lasagna Garden Salad Catalina Vegetables Pears Milk</p>	<p>11</p> <p>Biscuit & Gravy or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Crispy Chicken Sandwich Cheesy Hashbrowns Peas Mixed Fruit Milk</p>	<p>12</p> <p>Muffin & Toast or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Choice of Pizza Corn Jello w/Fruit Milk</p>

Available Daily for Lunch

- Garden Bar
- PB & J Sandwich w/Cheese Stick
- Chef Salad w/Crackers
- Deli Ham Sandwich

Menus Subject to Change

This institution is an equal opportunity provider.



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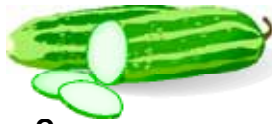
Milk Served Daily

- Skim Milk
- 1% Milk
- Fat Free Strawberry Milk
- Fat Free Chocolate Milk

National Garden Month

National Garden Month

Garden Trivia



Cool as a cucumber?

It's true...the inside of a cucumber on the vine measures as much as 20 degrees cooler than the outside air on a warm day.

The biggest **Tomato** on record weighed in at a hefty 7 pounds 12 ounces. It was grown by Gordon Graham of Oklahoma.




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- PB & J Sandwich w/Cheese Stick
- Chef Salad w/Crackers
- Deli Ham Sandwich

Menus Subject to Change

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Mon	Tues	Wed	Thurs	Fri
<p>15</p> <p>Scrambled Eggs & Toast or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Hamburger Potato Wedges Strawberry/Blueberries Peaches Milk</p>	<p>16</p> <p>Breakfast Sandwich or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>Brunch Lunch Mini Pancake & Syrup Sausage Links Hashbrown Orange Milk</p>	<p>17</p> <p>Dutch Waffle & Toast or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Chili Cinnamon Roll Hot Vegetable Melon Wedges Milk</p>	<p>18</p> <p>Tornado & Toast or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Chicken Nachos Refried Beans Corn Grapes Milk</p> 	<p>19 3 Hr Early Release</p> <p>Cinnamon Biscuit & Toast or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Deli Sandwich Choice of Vegetable Choice of Fruit Milk</p>
<p>22</p> <p>Scrambled Eggs & Toast or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>BBQ Chicken Sandwich French Fries Apple Crisp Milk</p>	<p>23</p> <p>Breakfast Sandwich or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Corn Dog Baked Beans Strawberry Cup Milk Chip w/Meal</p>	<p>24</p> <p>Pancake on a Stick or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Spaghetti Garlic Toast Garden Salad Peaches Milk</p>	<p>25</p> <p>Biscuit & Gravy or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Popcorn Chicken w/Bread Item Broccoli Rice Casserole Mixed Fruit Milk</p>	<p>26</p> <p>Donut Holes & Toast or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Bosco Breadsticks Baby Carrots & Dip Cherry Fluff Milk</p>
<p>29</p> <p>Scrambled Eggs & Toast or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Hot Dog French Fries Baked Beans Pears Milk Ice Cream w/Meal</p>	<p>30</p> <p>Breakfast Sandwich or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>General Tso's Chicken Rice Glazed Carrots Jello w/Fruit Milk</p>	<p>May 1</p> <p>Mini Pancakes & Toast or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Taco Crunch Lettuce & Cheese Refried Beans Mexican Salsa Fresh Fruit Salad Milk</p>	<p>2</p> <p>Tornado & Toast or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Crispy Chicken Sandwich Catalina Blend Potato Wedges Grapes Milk</p>	<p>3</p> <p>Long John Donut & Toast or Cereal & Toast Fresh Fruit & Juice Milk</p> <p>-----</p> <p>Choice of Pizza Garden Salad Peaches Pudding w/Fruit Milk</p>