



April 2019

MON	TUE	WED	THU	FRI
1 Corndog Baked Beans Sweet Potato Tots Cole Slaw Fresh Fruit	2 Chicken Nuggets Creamed Potatoes Romaine/tomato salad Fresh Fruit	3 Roast/rice/gravy Romaine Salad w/ diced tomatoes Fresh Fruit	4 Chicken Sandwich Romaine Salad w/baby carrots Steamed Broccoli Fresh Fruit	5 Pizza WK Corn Romaine w/grape tomatoes Fresh Fruit SS Candy Chip Cookie
8 Cheese Quesadilla w/salsa Sweet potato fries Green Beans Fresh Fruit	9 Hamburger Romaine/tomato slice Cream Potatoes Fresh Fruit	10 Hot Ham/Cheese Sand. English Peas Steamed Carrots Fresh Fruit	11 Pizza Romaine Salad WK Corn Fresh Fruit	12 Chili w/saltines Baked Beans Corn on the Cob Fresh Fruit SS Choc Chip cookie
15 Chicken Tenders w/cornbread Steamed Cabbage Steamed Carrots Fresh Fruit	16 Hamburger Steak w/roll Rice/Gravy Baby Carrots w/ranch Steamed Broccoli Fresh Fruit	17 Chicken Sandwich Romaine/diced tomato Green Beans Fresh Fruit	18 Shrimp poppers Grits Baked Beans Cole Slaw Fresh Fruit	19 Chicken Fajita/rice WK Corn Romaine Salad w/diced tomatoes Fresh fruit SS Sugar Cookie
22 Corndog Baked Beans Sweet Potato Tots Cole Slaw Fresh Fruit	23 Chicken Nuggets Romaine/tomato Salad Black eyed peas Fresh Fruit	24 Roast/rice/gravy Romaine Salad w/ diced tomatoes Fresh Fruit	25 Spaghetti Romaine Salad w/baby carrots Steamed Broccoli Fresh Fruit	26 
29 Steak Nuggets w/roll Sweet potato fries Green Beans Fresh Fruit	30 Baked Chicken w/cornbread Cream Potatoes Turnips/Mustard Fresh Fruit	A variety of milk is available daily.	Chef Salads are served daily.	All menus are subject to change. 

From apricots to zucchini

Do fruits and vegetables come in every color? Does the name of any produce start with Q? Motivate your youngster to learn about fruits and veggies— and eat more of them— with these fun activities.

Rainbow book

Different colors mean different nutrients—that's why it's important to eat a "rainbow." Have your child make a book of the produce he eats. Help him staple together red, orange, yellow, green, blue, and purple construction paper. Each time he eats a fruit or veggie, he can draw or glue a picture on the page matching its color. After a week, he'll have a record of the rainbow he ate!

Produce trading cards

Encourage your youngster to experiment with produce prepared in different ways by making trading cards. A sweet potato card might say, "Delicious with: Baked apples and cinnamon. Also seen: Standing in for french fries." Let him help you plan meals by drawing a card and deciding how tonight's vegetable should be cooked.

Memory game

This game introduces new produce for your child to try. One player says, "I'm going to the store for apricots" (or any fruit or vegetable starting with A). The next person adds a B food: "I'm going to the store for apricots and broccoli." Continue until you get to Z. (Look online if you get stuck.) Now, put a few new items on your grocery list.

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