




# April 2018

## Earth Day food and fun

MON	TUE	WED	THU	FRI
2 Corndog Baked Beans Sweet Potato Tots Cole Slaw Fresh Fruit	3 Roast w/roll/rice/gravy Italian Flat Beans Romaine Salad w/grape tomatoes Fresh Fruit	4 Sloppy Joe on Bun Creamed Potatoes Romaine/tomato salad Black eyed peas Fresh Fruit	5 Spaghetti Romaine Salad w/baby carrots Steamed Broccoli Fresh Fruit	6 Pizza WK Corn Romaine w/grape tomatoes Fresh Fruit SS Candy Chip Cookie
9 Steak Nuggets w/roll Sweet potato fries Green Beans Fresh Fruit	10 Baked Chicken w/cornbread Romaine/tomato slice Cream Potatoes Turnips/Mustard Fresh Fruit	11 Hot Ham/Cheese Sand. English Peas Romaine Salad Steamed Carrots Fresh Fruit	12 Turkey Salad w/whole grain crackers Romaine Salad WK Corn Pickle Spear Fresh Fruit	13 Chili w/saltines Baked Beans Cole Slaw Fresh Fruit SS Choc Chip cookie
16 Chicken Tenders w/cornbread Steamed Cabbage Steamed Carrots Fresh Fruit	17 Asian Orange Chicken Rice/ Squash/Onions Steamed Broccoli Fresh Fruit	18 Chicken Sandwich Romaine/diced tomato Refried Beans Fresh Fruit	19 Shrimp poppers w/hushpuppies Baked Beans Cole Slaw Fresh Fruit	20 Early Release Chicken Fajita/rice WK Corn Romaine Salad w/diced tomatoes Fresh fruit SS Sugar Cookie
23 <b>Holiday</b> 	24 <b>Holiday</b> 	25 Hamburger Italian Flat Beans Romaine Salad w/ diced tomatoes Fresh Fruit	26 Grilled Chicken Sand. Romaine Salad w/baby carrots Steamed Broccoli Fresh Fruit	27 Pizza WK Corn Romaine w/grape tomato Fresh Fruit SS Candy Chip Cookie
30 Steak Nuggets w/roll Sweet potato fries Green Beans Fresh Fruit	<b>A variety of milk                      is available daily.</b>	All menus are subject to change.	Chef Salads are served daily.	

Every April 22, we celebrate Earth Day—a time to focus on the planet’s health. Get your youngster involved, and encourage her to focus on her *own* health, too, with these ecofriendly activities.

### Enjoy a waste-free meal

Can your family eat an entire meal without wasting any food? One idea is to cut food into smaller pieces before family members serve themselves. For example, set out platters of grilled chicken strips, baked potato halves, and apple slices. Encourage everyone to take only what they think they will eat.

### Throw a leftovers “party”

With your youngster, look through your refrigerator, and make a list of left-overs or other items that need to be eaten soon. Then, she could use her list to create a menu for a meal of leftovers. For instance, she might suggest a casserole with leftover rice and veggies or banana pudding made with overripe bananas for dessert.

### Join a cleanup

Participate in a neighborhood or park cleanup, and enjoy a picnic afterward. Get trash bags and gloves for picking up litter. Let your child help you pack nutritious foods, such as turkey wraps and fruit salad, in reusable containers. After you’ve worked up a sweat cleaning up the trash, wash your hands, and eat together.

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