



# April 2019

## Baconton Community Charter School

MON	TUE	WED	THU	FRI
<b>1</b> Corndog Philly Steak w/cheese sauce Baked Beans Sweet Potato Tots Cole Slaw Fresh Fruit	<b>2</b> Sloppy Joe on Bun Chicken nuggets Creamed Potatoes Romaine/tomato salad Black eyed peas Fresh Fruit	<b>3</b> Hamburger Roast w/roll/rice/gravy Italian Flat Beans Romaine Salad w/ diced tomatoes Fresh Fruit	<b>4</b> Chicken Sandwich Spaghetti Romaine Salad w/baby carrots Romaine/tomato slice Steamed Broccoli Fresh Fruit	<b>5</b> Pizza Fish Sandwich WK Corn Romaine w/grape tomatoes Fresh Fruit SS Candy Chip Cookie
<b>8</b> Steak Nuggets w/roll Cheese Quesadilla w/salsa Sweet potato fries Green Beans Fresh Fruit	<b>9</b> Hamburger Baked Chicken w/cornbread Romaine/tomato slice Cream Potatoes Turnips/Mustard Fresh Fruit	<b>10</b> Hot Ham/Cheese Sand. Beefy Mac.Cass. w/roll English Peas Romaine Salad Steamed Carrots Fresh Fruit	<b>11</b> Pizza Turkey Salad w/whole grain crackers Romaine/sliced tomato Romaine Salad WK Corn Pickle Spear Fresh Fruit	<b>12</b> Hot Dog/Fridays Fries Chili w/saltines Baked Beans Corn on the Cob Cole Slaw Fresh Fruit SS Choc Chip cookie
<b>15</b> Chicken Tenders w/cornbread Steamed Cabbage Steamed Carrots Fresh Fruit	<b>16</b> Asian Orange Chicken Hamburger Steak w/roll Rice/Gravy Squash/Onions Baby Carrots w/ranch Steamed Broccoli Fresh Fruit	<b>17</b> Chicken Sandwich Tacos w/chips/cheese Romaine/diced tomato Refried Beans Green Beans Fresh Fruit	<b>18</b> BBQ on Bun Shrimp poppers w/hushpuppies Grits Baked Beans Cole Slaw Fresh Fruit	<b>19</b> Pizza Chicken Fajita/rice WK Corn Romaine Salad w/diced tomatoes Fresh fruit SS Sugar Cookie
<b>22</b> Corndog Philly Steak w/cheese sauce Baked Beans Sweet Potato Tots Cole Slaw Fresh Fruit	<b>23</b> Sloppy Joe on Bun Chicken Nuggets Romaine/tomato Salad Cream Potatoes Black eyed peas Fresh Fruit	<b>24</b> Hamburger Roast w/roll/rice/gravy Italian Flat Beans Romaine Salad w/ diced tomatoes Fresh Fruit	<b>25</b> Grilled Chicken Sand. Spaghetti Romaine Salad w/baby carrots Steamed Broccoli Fresh Fruit	<b>26</b> 
<b>29</b> Steak Nuggets w/roll Cheese Quesadilla w/salsa Sweet potato fries Green Beans Fresh Fruit	<b>30</b> Hamburger Baked Chicken w/cornbread Romaine/tomato slice Cream Potatoes Turnips/Mustard Fresh Fruit	<b>A variety of milk                      is available daily.</b>	<b>Chef Salads are                      served daily.</b>	<b>All menus are                      subject to change.</b> 

### *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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