



Menus for April 2012

William Marvin Bass Elementary School Menu

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SPORTS HER WAY

Girls' participation in high school sports continues to grow -- and girls begin to form the habits of playing sports and staying fit in elementary school! Girls now make up 41% of all high school athletes, and girls who play high school sports are 40% more likely to graduate from college than girls who don't play a sport. The fastest growing high school sport in the U.S. is girls lacrosse, which showed a 9% jump in the number of participants for 2011.

Important news about April Fool's Day

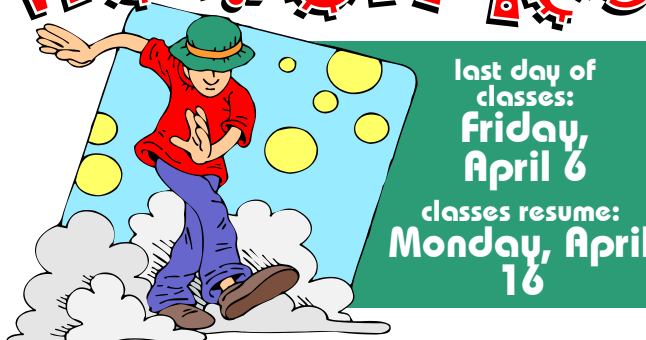
Congress has passed a new law declaring that, from now on, April Fool's Day will be celebrated on the first Monday of April, rather than on April 1. Please plan all jokes accordingly. For more details, please see the back page.



*WG = Whole Grain

Monday, April 2	Tuesday, April 3	Wednesday, April 4	Thursday, April 5	Friday, April 6
<p>Breakfast WG Turkey Sausage Bkf. Square Fruit of Choice</p> <p>Lunch Texas BBQ / WG Bun Or Turkey & Cheese/ WG Bun</p> <p>Sides (1/2 of your plate) Fresh Baked Potato Steamed Broccoli w/ cheese Fresh or Canned Fruit</p>	<p>Breakfast Cereal; Grahams; Fresh Banana</p> <p>Lunch NEW! Unbreaded Honey BBQ Chicken Nuggets Or Sliced Ham</p> <p>Sides (1/2 of your plate) Whipped Mashed Potatoes Fresh Fzn. Green Beans Fruit Cup w/ fresh fruit Fresh Baked Wheat Rolls</p>	<p>Breakfast Sausage Biscuit</p> <p>Lunch Assorted Wedge Pizza Or PBJ Uncrustable</p> <p>Sides (1/2 of your plate) Tossed Garden Salad w/ fresh veggies; dressing; Crackers Hot Vegetable of Choice Fresh or Canned Fruit</p>	<p>Breakfast Warm Ham & Cheese Roll Fresh Orange Slices</p> <p>Lunch Spaghetti w/ Meat Sauce or Cold Cuts w/ cheese/ WG Bun</p> <p>Sides (1/2 of your plate) Mixed Turnip Greens Golden Corn Fresh or Canned Fruit WG Garlic Toast</p>	<p>Breakfast Yogurt; Grahams</p> <p>Early Dismissal 12:10</p> <p>Grab & Go Lunch Honey BBQ Rib / WG Bun Baby Carrots Fresh or Canned Fruit Mini Bag of WG Cookies</p>

NO WORRIES



SPRING BREAK

MISNOMER.

A "misnomer" is an inaccurate or misleading name for something. Take "energy" drinks, for example. They don't really provide energy, but rather stimulation, largely from chemical compounds like caffeine. That's why the American Academy of Pediatrics believes that children and teens should never drink them.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

MENU FACTS:

Choice of milk served with all complete meals:
Skim & 1% white for breakfast and white & flavored milk for lunch

100% Fruit Juice is served with every Breakfast. Cereal is available every day.

"Offer vs. Serve" - Students may decline one item for breakfast and one or two items for lunch if they choose. Prices remain the same whether the full meal is chosen or an item is declined.

Please check with your cafeteria manager or the School Nutrition Office if your child has any dietary concerns.

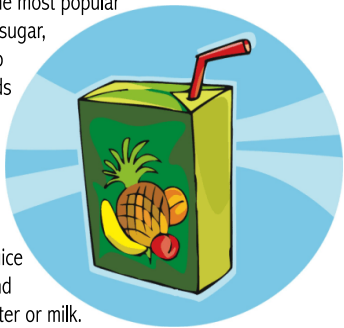
Menus are subject to change without notice.

Monday, April 16	Tuesday, April 17	Wednesday, April 18	Thursday, April 19	Friday, April 20
Breakfast WG Turkey Sausage Bkf. Bagel	Breakfast Cereal; Grahams;	Breakfast Chicken Biscuit	Breakfast Blueberry Pancakes w/ syrup	Breakfast Yogurt; Grahams
INTERSESSION: APRIL 16-20, 2012				
Lunch Hot Dog / WG Bun Savory Potato Wedges Fresh or Canned Fruit	Lunch Popcorn Chicken Vegetable of Choice Fresh or Canned Fruit Bakery Dinner Rolls	Lunch Assorted Pizza Wedge Garden Salad w/ dressing; Crackers Fresh or Canned Fruit	Lunch Ham & Cheese / WG Bun Golden Corn Fresh or Canned Fruit	Lunch Crisp Corn Dog Bag of Baby Carrots Bag of Apple Slices Bag of Graham Cookies



Don't get too juiced about your juice!

Juice boxes invaded America around 1980 and have since become required equipment for kids and parents everywhere. Juice is fine for kids, but many of the most popular juice boxes are mostly sugar, with very little juice. So make sure any juice kids (and adults, for that matter) drink is 100% fruit juice, and limit kids to 6-8 ounces a day. Kids should get most of their orange juice by eating an orange and should mostly drink water or milk.



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, April 23 Breakfast WG Turkey Sausage Bkf. Square Fruit of Choice "Earth Day" Lunch "Safari Animal Shaped Chicken Nuggets" Or Oven Roasted Chicken Sides (1/2 of your plate) Creamy Mashed Potatoes Steamed Broccoli w/ cheese Fresh or Canned Fruit Bakery Dinner Rolls	Tuesday, April 24 Breakfast Cereal; Grahams; Fresh Fruit <i>Tootie Fruiti-Veggie Weggie Day</i> Lunch (More than 1/2 plate!) Chef Salad w/ Turkey & Ham Spring Mix & Fresh Spinach With lots of fresh veggies w/ dressing; Crackers Fresh Seasonal Fruit And Oatmeal Cookie Choose salad+fruit; 😊 get a fun surprise!	Wednesday, April 25 Breakfast Sausage Biscuit Lunch French Bread Pizza Or Cold Cuts w/cheese / WG Bun Sides (1/2 of your plate) Garden Salad w/ dressing Crackers Hot Vegetable of Choice Fresh or Canned Fruit	Thursday, April 26 Breakfast Yogurt; Blueberry Muffin Lunch Chicken Fajita with WG Wild Rice Or Manager's Choice Sides (1/2 of your plate) Fresh Fzn. Green Beans Golden Corn on Cob Fresh or Canned Fruit Mini Bag of WG Cookies	Friday, April 27 Breakfast Cereal; Grahams Brunch for Lunch Crisp Bkf. Chicken Bites Scrambled Eggs Crispy Potato Rounds Cinnamon Baked Apples Fresh Baked Biscuits
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Monday, April 30 Breakfast WG Turkey Sausage Bkf. Bagel Fruit of Choice Lunch 100% Organic Beef Cheeseburger/ WG Bun Or Texas BBQ / WG Bun Sides (1/2 of your plate) Savory Potato Wedges Carrot & Celery Sticks w/ dip Fresh or Canned Fruit



April 2012 is Global Child Nutrition Month.

Hunger affects children around the globe and here in the U.S. You can help. To learn more visit

www.gcnf.org

www.cafeprepay.com

You may view your child's account balance and obtain a 30 day print out of your child's activity at no cost. You may also add to your child's meal account via a credit card for a small on-line fee.

Questions? Call 522-3700, x160

www.cafeprepay.com

Easy, Smart, Secure

You've been fooled!



*There's no such law!
Carry on with all
jokes on April 1,
as usual!*