

Menus for April 2014

William Marvin
Bass
Elementary
Menu



Tuesday, April 1

Breakfast

WG Breakfast Square with Turkey Sausage; Applesauce

Lunch

Popcorn Chicken Or Manager's Choice Entree Mashed Sweet Potatoes Seasoned Green Beans Assorted Fruit Choices Fresh Baked Wheat Roll

April Fool's Day! 😊

Wednesday, April 2

Breakfast

Cereal; Grahams Fresh Banana

Lunch

Beef Taco w/ soft shell, Gr. Cheese, Shr. Lettuce Or Deli Combo Meat & Cheese Roll-Up Fresh Fzn. Golden Corn Southwest Fiesta Beans Assorted Fruit Choices

Thursday, April 3

Breakfast

Egg, Canadian Ham, & Cheese Biscuit

Lunch

Assorted Pizza Or PBJ Jamwich Fresh Garden Salad with Cherry Tomatoes Hot Vegetable of Choice Assorted Fruit Choices

Friday, April 4

Breakfast

French Toast; Fruit of Choice

Lunch

Potato Crusted Fish Fillet Or Crisp Pork Chop Wheat Bakery Roll Crisp Potato Wedges Broccoli w/ cheese Assorted Fruit Choices

WORLD'S GREATEST APRIL FOOL'S TRICKS!



On the morning of April 1, 1974, citizens of Sitka, Alaska awoke to find Mount Edgecumbe, the long-dormant volcano that looms over their town, belching black smoke! *Was the volcano suddenly coming to life?! NO!!!* A local prankster and his buddies had helicoptered a bunch of old tires into the crater and then set them ablaze. When a Coast Guard plane flew over the smoldering cauldron, the pilot saw the words *"APRIL FOOL"* stomped out in the snow!

Monday, April 7

Breakfast

WG Breakfast Square with Turkey Sausage; Applesauce

Lunch

Chicken Fillet / WG Bun Or Turkey & Cheese/ WG Bun Baked Beans Fresh Veggies w/ dip Assorted Fruit Choices

Tuesday, April 8

Breakfast

Cereal; Grahams Fresh Banana

Lunch

Teriyaki Chicken Strips with Brown Rice Or Manager's Choice Entrée Broccoli w/ cheese Steamed Carrots Assorted Fruit Choices **Chocolate Chip Cookie**

Wednesday, April 9

Breakfast

Egg Quesadilla; Box of Raisins

Lunch

Spaghetti w/ Meat Sauce Or Sliced Turkey w/Gravy Turnip Greens Fresh Fzn. Corn Yogurt Fruit Salad w/ Fresh Chopped Apples Garlic Toast

Thursday, April 10

Breakfast

Sausage Biscuit

Lunch

Pizza Cheese Sticks w/ Marinara Sauce Or PBJ Jamwich Fresh Garden Salad with Cherry Tomatoes Hot Vegetable of Choice Assorted Fruit Choices

Friday, April 11

Breakfast

School's Choice Buffet

Lunch

Honey BBQ Rib/ WG Bun Or Manager's Choice Entrée Baked French Fries Vegetables of Choice Fruit/Veggie 'Dragon' Juice

Enjoy your Spring Break!



Now Appearing . . .

SPRING BREAK!

A FUN!FUN!FUN! PRODUCTION. STARRING YOU AND YOUR FRIENDS. SPECIAL LIMITED ENGAGEMENT.

Break begins at the end of classes:

Friday, April 11

Classes resume:

Monday, April 21



IMPORTANT NEWS FOR PARENTS: Kids are choosing -- and eating -- more fruits and veggies for lunch at school!

Over the last two school years, we've been putting more fruits and veggies on kids' plates for school lunch. You may recall seeing the **"DON'T4GET!"** campaign we're using to promote the new guidelines for our meals, which (among other changes)

require kids to take at least one -- and preferably more than one -- fruit or veggie with each day's lunch. Well, **the changes appear to be working!** A new study published in the *American Journal of Preventive Medicine* found that **76% of kids selected fruit for lunch** (compared to 52.7% before the change) and **41% of kids included a vegetable choice** (compared to 24.9% before). Best of all, the study found no corresponding increase in

food being thrown away, suggesting that kids are eating more of that good stuff rather than wasting it. **At our schools, we're continuing to focus on food quality to make sure even more kids eat and enjoy their fruits and veggies!**

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

DON'T4GET!



... and at least **THREE** of the five items total so your meal counts as a complete lunch!



Monday, April 21	Tuesday, April 22	Wednesday, April 23	Thursday, April 24	Friday, April 25
Breakfast WG Breakfast Square with Turkey Sausage;	Breakfast Cereal; Grahams Lunch	Breakfast French Toast; Fruit of Choice	Breakfast Egg & Cheese Omelet Biscuit	Breakfast School's Choice
INTERSESSION: April 21—25, 2014				
Lunch Crisp Corn Dog Baked Potato Wedges Seasoned Green Beans Fruit of Choice	Lunch Chicken Nuggets Mashed Potatoes Fresh Baby Carrots Fruit/Veggie 'Dragon' Juice/ Bakery Wheat Roll	Lunch PBJ Jamwich Golden Corn Fruit of Choice Bag of Grahams	Lunch Assorted Pizza Fresh Romaine Salad with Cherry Tomatoes Fruit of Choice	Lunch Honey BBQ Rib/ WG Bun Baked Beans Fruit of Choice



Monday, April 28	Tuesday, April 29	Wednesday, April 30	Thursday, May 1	Friday, May 2
Breakfast WG Breakfast Square with Turkey Sausage; Applesauce	Breakfast Egg Quesadilla; Box of Raisins	Breakfast Yogurt; Apple Bar	Breakfast Sausage Biscuit	Breakfast Cereal; Grahams
Lunch Local 100% Beef Cheeseburger/ WG Bun Or Turkey & Cheese/ WG Bun Crisp Potato Wedges Lettuce & Sl. Tomatoes Assorted Fruit Choices	April Birthday Lunch Chili Beans with Baked "Tostitos" Or Fresh Made Chicken Salad/ Croissant Fresh Baked Potato Shr. Lettuce w/ Tomatoes Happy Birthday Frozen Juice Cup	Brunch for Lunch Scrambled Eggs w/ cheese; Turkey Bacon Crisp Potato Coins Baked Apples Fresh Baked Biscuit	Lunch Assorted Pizza Or PBJ Jamwich Fresh Romaine Salad with Cherry Tomatoes Pinto Beans Assorted Fruit Choices	Lunch Cheesy Chicken Alfredo Pasta Bake Or Manager's Choice Entrée Seasoned Green Beans Fresh Veggies w/ dip Fruit/Veggie 'Dragon' Juice Chocolate Chip Cookie

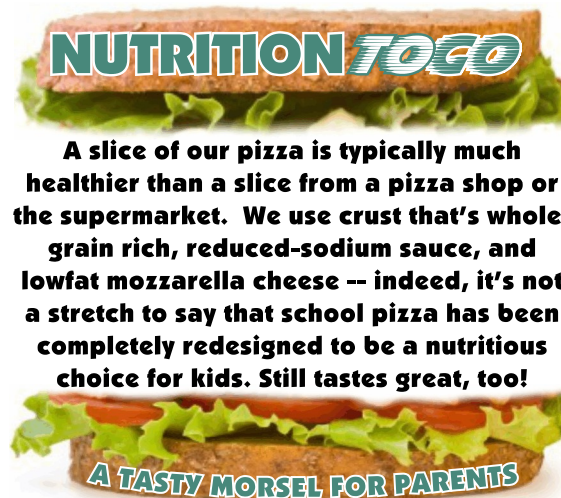
Choice of milk served with all complete meals:
Skim & 1% white and fat free flavored milk

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

"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



A slice of our pizza is typically much healthier than a slice from a pizza shop or the supermarket. We use crust that's whole-grain rich, reduced-sodium sauce, and lowfat mozzarella cheese -- indeed, it's not a stretch to say that school pizza has been completely redesigned to be a nutritious choice for kids. Still tastes great, too!

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