

# Menus for APRIL 2015

William Marvin  
BASS ELEMENTARY  
SCHOOL

USDA is an equal opportunity  
provider and employer.



Wednesday, April 1

## **Breakfast**

Sausage Biscuit; Fruit Cup  
100% Juice; Milk

## **Lunch**

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

Thursday, April 2

## **Breakfast**

Cereal (Bar); Grahams;  
Fruit of Choice  
100% Juice; Milk

## **Lunch**

Beef Chili Beans w/ cheese  
w/ Baked 'Tostitos' Scoops  
Or Meat & Cheese Roll-up  
Golden Corn  
Glazed Carrots  
Assorted Fruit Choices  
Milk

Friday, April 3

## **Breakfast**

PBJ Gramwich; (or alternate)  
Fruit of Choice;  
100% Fruit Juice; Milk

## **Lunch**

Crispy Fish Nuggets  
Or Manager's Choice  
Pinto Beans  
Broccoli w/ cheese  
100% Fruit/Veggie Juice  
Bakery Dinner Roll  
Elf Graham Cookies  
Milk

*Enjoy your Spring Break!*

## STATE OF MIND.

Physical activity isn't just good for your body.  
Regular exercise has been shown to help guard  
the mind against depression, too.



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



Monday, April 13

## **Breakfast**

Cereal (bar); Grahams;  
Fruit; 100% Juice; Milk

## **Lunch**

Chicken Fillet/ WG Bun  
French Fries  
Fruit of Choice  
Milk

Tuesday, April 14

## **Breakfast**

Flapstick; Fruit;  
100% Fruit Juice; Milk

## **Lunch**

Chicken Nuggets  
Golden Corn  
Fruit of Choice  
Bakery Dinner Roll  
Milk

Wednesday, April 15

## **Breakfast**

Sausage Biscuit; Fruit;  
100% Fruit Juice; Milk

## **Lunch**

Pizza Wedge  
Fresh Romaine Salad  
w/ cherry tomatoes  
Fruit of Choice  
Milk

Thursday, April 16

## **Breakfast**

WG Pizza Breakfast  
Square; Fruit;

## **Lunch**

Turkey & Cheese/ WG Bun  
Home-style Baked Beans  
Fruit of Choice  
Milk

Friday, April 17

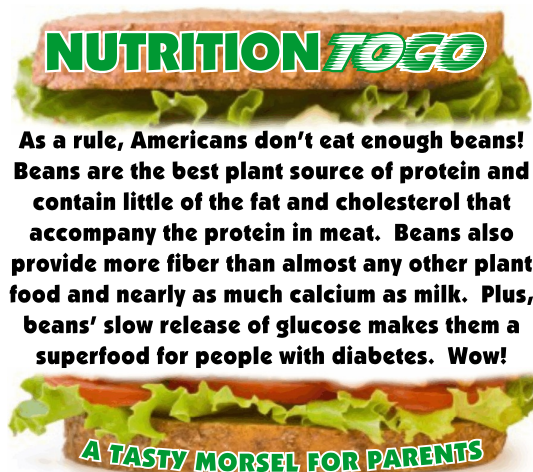
## **Breakfast**

French Toast Sticks; Fruit  
100% Juice; Milk

## **Lunch**

Crispy Corn Dog  
Green Beans  
100% Fruit/Veggie Juice  
Milk

INTERSESSION: APRIL 13—17, 2015



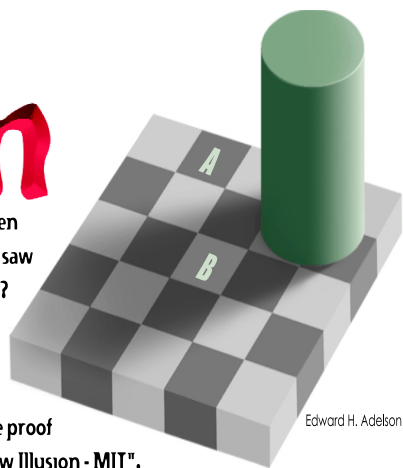
As a rule, Americans don't eat enough beans!  
Beans are the best plant source of protein and  
contain little of the fat and cholesterol that  
accompany the protein in meat. Beans also  
provide more fiber than almost any other plant  
food and nearly as much calcium as milk. Plus,  
beans' slow release of glucose makes them a  
superfood for people with diabetes. Wow!

# Only an Illusion

Remember a few weeks ago when the argument between people who saw the black and blue dress and those who saw the gold and white dress almost shut down the internet?

Here's another one for you: the "Adelson Checkerboard Illusion." Do you think the two squares labeled A and B are different shades of gray? Guess what?

**They're the same color!** If you're interested, you can see proof and learn more by searching on line for "Checkershadow Illusion - MIT".

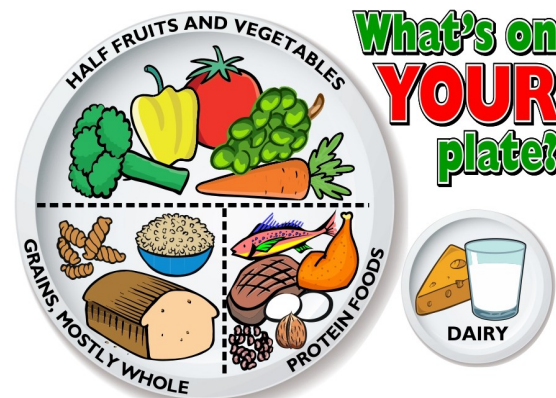


Edward H. Adelson

## No Fees! [www.myschoolbucks.com](http://www.myschoolbucks.com)

Place money on your children's accounts for meals and/or those "extra treats" they will enjoy. We offer **Ice-Cream** and other nutritious snack selections. All a la carte items meet new Federal Guidelines for "Smart Snacks". You may view your child's account balance and obtain a print out of your child's activity at no cost. You may also add to your child's meal account via a credit card with no fees.

*Easy, Smart, Secure*



**WHAT AM I?** I have a head but cannot think.  
I have eyes but cannot see.  
I have ears but cannot hear.  
I have ribs but no bones.



Answer: I'm a VEGETABLE GARDEN, planted with lettuce (heads), potatoes (eyes), corn (ears), and celery (ribs). YUMMY!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, April 20

### **Breakfast**

Flapstick; Fruit;  
100% Juice; Milk

### **Lunch**

Hot Dog/ WG Bun  
w/wo Chili Or  
Meatball w/cheese/ WG Bun  
Home-style Baked Beans  
Crunchy Cole Slaw  
Assorted Fruit Choices  
Milk

Tuesday, April 21

### **Breakfast**

Cereal (bar); Goldfish;  
Fruit; 100% Juice; Milk

### **Lunch**

Popcorn Chicken Or  
Manager's Choice Entree  
Mashed Potatoes  
Green Peas  
Assorted Fruit Choices  
Fresh Baked Wheat Roll  
Milk

Wednesday, April 22

### **Breakfast**

Pillsbury Pancakes; Fruit;  
100% Fruit Juice; Milk

### **Lunch**

Cheesy Pizza Sticks  
w/ Marinara Sauce  
Or PBJ Sandwich  
Fresh Garden Salad  
w/ cherry tomatoes  
Sweet Potato Puffs  
Assorted Fruit Choices  
Milk

Thursday, April 23

### **Breakfast**

WG Pizza Breakfast  
Square; Fruit;  
100% Fruit Juice; Milk

### **Lunch**

Spaghetti w/ Meat Sauce  
Or Deli Meat & Cheese  
Sandwich  
Turnip Greens  
Golden Corn  
Assorted Fruit Choices  
Garlic Toast  
Milk  
*Chocolate Chip Cookie*

Friday, April 24

### **Breakfast**

PBJ Gramwich; Fruit;  
Fruit; 100% Juice; Milk

### **Birthday Lunch**

Mini Corn Dogs or  
Ham & Cheese/ WG Bun  
Crisp Potato Wedges  
Manager's Choice Veggie  
**"Happy Birthday"**  
**Frozen Juice Cup**  
Milk



Monday, April 27

### **Breakfast**

Cereal (bar); Grahams;  
100% Juice; Milk

### **Lunch**

Texas BBQ/ WG Bun Or  
Chicken Fillet/ WG Bun  
Baked Potato Half  
Fresh Baby Carrots w/ dip  
Assorted Fruit Choices  
Milk

Tuesday, April 28

### **Breakfast**

Yogurt; Muffin; Fruit;  
100% Fruit Juice; Milk

### **Brunch for Lunch**

Cheesy Scrambled Eggs  
w/ Sausage Link Or  
Egg & Cheese Quesadillas  
Crisp Potato Coins  
Baked Apples  
"Buttered" Toast  
Milk



Wednesday, April 29

### **Breakfast**

Egg & Cheese Biscuit;  
Fruit; 100% Fruit Juice; Milk

### **Lunch**

Assorted Pizza Wedge  
Or PBJ Sandwich  
Fresh Romaine Salad  
w/ cherry tomatoes  
Hot Vegetable of Choice  
Assorted Fruit Choices  
Milk

Thursday, April 30

### **Breakfast**

WG Pizza Breakfast  
Square; Fruit;  
100% Fruit Juice; Milk

### **Lunch**

Steak & Cheese/ WG Bun  
Or Honey BBQ Rib/ WG Bun  
Home-style Baked Beans  
Broccoli w/ cheese  
Assorted Fruit Choices  
Milk  
*Chocolate Chip Cookie*

Friday, May 1

### **Breakfast**

Pillsbury Mini Bagels; Fruit  
100% Juice; Milk

### **Lunch**

Crisp Fish Nuggets or  
Deli Meat & Cheese /WG Bun  
Crispy French Fries  
Cucumber Wheels w/ dip  
100% "Cherry Star" Juice  
Milk

Choice of milk served with all complete meals: Skim milk & 1% white and flavored milk. Lactaid milk available to students who are lactose intolerant.

100% Fruit Juice plus 1/2 cup additional fruit is served with every Breakfast

"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**