Lynchburg City Schools Hutcherson Early Learning Center

This institution is an equal opportunity provider. Menus are subject to change.

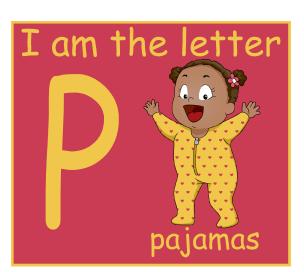




## APRIL **BIRTHDAYS**

Thomas Jefferson -- April 13 Queen Elizabeth 11 (90) -- April 21 Ella Fitzgerald -- April 25 Duke Ellington -- April 29 Dale Earnhardt -- April 29 Travis Scott (24) -- April 30





### April 4-8 & April 18-22

Monday: Cereal & Grahams Tues: Breakfast Chicken Slider Wednesday: Cereal & Grahams Thurs: Pillsbury WG Mini Cinnis Friday: WG Muffin & Dannon Yogurt

#### **April 11-15 & April 25-29**

Monday: Kellogg's WG Pop Tart **Tuesday: Cereal & Grahams** Wed: WG Muffin & Dannon Yogurt Thursday: Cereal & Grahams Friday: WG Flap Stick

> Breakfast includes: Fruit Juice 1 Serving of Fruit 8 oz of Milk

#### Monday, April 4

#### **Lunch Entrées**

(Choose I) Corn Dog Nuggets [amwich PB&] Combo Meal

#### **Lunch Sides**

(All Included)

Succotash (Limas & Corn) Creamy Cole Slaw Chilled Mixed Fruit

#### Tuesday, April 5

#### **Lunch Entrées**

Honey BBQ Rib on WG Bun [amwich PB&] Combo Meal

#### **Lunch Sides**

(All Included)

Steamed Green Peas Mashed Potatoes w/Gravy Mandarin Orange Sections

#### Wednesday, April 6

#### **Lunch Entrées**

Hot Italian Flatbread Sandwich Iamwich PB&I Combo Meal

## Lunch Sides (All Included)

Campbell's Tomato Soup Romaine Garden Salad Fresh Apple Slices

#### Thursday, April 7

## Lunch Entrées (Choose I)

Chicken Tenders lamwich PB& Combo Meal

#### **Lunch Sides**

(All Included)

Steamed Broccoli Florets Seasoned Pinto Beans Applesauce

#### Friday, April 8

#### **Lunch Entrées** (Choose I)

Pizza Slice

Iamwich PB&I Combo Meal

## Lunch Sides (All Included)

Green Beans Savory Potato Wedges Chilled Pineapple Tidbits

#### Monday, April II

#### **Lunch Entrées**

(Choose I)

Hot Dog on WG Bun [amwich PB&] Combo Meal

#### **Lunch Sides**

(All Included)

Southern Style Baked Beans Creamy Cole Slaw Fresh & Juicy Sliced Oranges

#### Tuesday, April 12

#### **Lunch Entrées**

Breakfast for Lunch |amwich PB&| Combo Meal

#### **Lunch Sides**

(All Included)

**Crispy Tater Rounds V-Blend** luice **Cinnamon Baked Apples** 

#### Wednesday, April 13

#### **Lunch Entrées**

Breaded Chicken Patty on WG Bun [amwich PB&] Combo Meal

#### **Lunch Sides**

(All Included)

Golden Sweet Corn **Shoe String Oven Fries** Chilled Diced Peaches

#### Thursday, April 14

#### **Lunch Entrées**

(Choose I)

Fun Fish Shapes [amwich PB&] Combo Meal

#### **Lunch Sides**

(All Included)

**Vegetable Soup** Romaine Garden Salad **Chilled Diced Pears** 

## Friday, April 15

### **Lunch Entrées**

(Choose I)

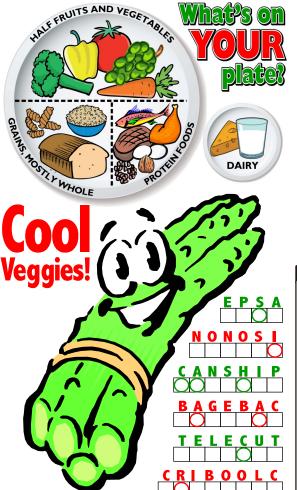
Pizza Slice

|amwich PB&| Combo Meal

#### **Lunch Sides**

(All Included)

Steamed Broccoli **Baby Carrots** Fresh Apple Slices



🦰 ome vegetables are called "cold hardy." That means they can be harvested in the cool of winter in Florida or California. Or, in the colder states, they can be planted in early spring, up to 6 weeks before the last freeze. We've scrambled the names of some of these tough guys above. Unscramble them, then write the circled letters below and unscramble to name the cold hardy veggie that's pictured here!





I am the letter

# NUTRITION TO GO

For nutrition and flavor, it's a good idea to always eat the skin of a fresh apple. Many of an apple's fantastic nutrients -like vitamin C and beta carotene -- are concentrated in or just below the skin, as is most of the fiber. The fragrance cells, which increase our sense of an apple's flavor, are also in the skin.





EARTH DAY & APRIL 22

#### Monday, April 18

pajamas

#### **Lunch Entrées**

(Choose I) Corn Dog Nuggets [amwich PB&] Combo Meal

#### **Lunch Sides**

(All Included)

Succotash (Limas & Corn) Creamy Cole Slaw Chilled Mixed Fruit

#### Tuesday, April 19

#### **Lunch Entrées**

**Popcorn Chicken Bites** Jamwich PB&J Combo Meal

#### **Lunch Sides** (All Included)

Steamed Green Peas Mashed Potatoes w/Gravy **Chilled Applesauce** 

#### Wednesday, April 20

#### **Lunch Entrées**

Max Sticks w/Pizza Dipping Sauce

lamwich PB& Combo Meal

## Lunch Sides (All Included)

Campbell's Tomato Soup Romaine Garden Salad Fresh Apple Slices

#### Thursday, April 21

#### **Lunch Entrées**

Turkey Taco w/Cheddar Cheese lamwich PB& Combo Meal

## Lunch Sides (All Included)

Steamed Broccoli Florets Seasoned Pinto Beans **Applesauce** 

#### Friday, April 22

#### **Lunch Entrées** (Choose I)

Pizza Slice

Iamwich PB&I Combo Meal

## Lunch Sides (All Included)

Green Beans Savory Potato Wedges Chilled Pineapple Tidbits

#### Monday, April 25

#### Lunch Entrées

**Chicken Nuggets** |amwich PB&| Combo Meal

#### **Lunch Sides**

(All Included)

Southern Style Baked Beans Creamy Cole Slaw Fresh & Juicy Sliced Oranges

#### Tuesday, April 26

#### Lunch Entrées

Hot Ham & Cheese on WG Bagel amwich PB& Combo Meal

#### **Lunch Sides**

(All Included)

**Crispy Tater Rounds V-Blend** luice **Cinnamon Baked Apples** 

#### Wednesday, April 27

#### **Lunch Entrées**

**Cheesy Turkey Nachos** [amwich PB&] Combo Meal

## Lunch Sides (All Included)

Golden Sweet Corn **Shoe String Oven Fries** Chilled Diced Peaches

#### Thursday, April 28

#### **Lunch Entrées**

(Choose I)

School Made Mac & Cheese [amwich PB&] Combo Meal

#### **Lunch Sides**

(All Included)

**Vegetable Soup** Romaine Garden Salad **Chilled Diced Pears** 

#### Friday, April 29

#### **Lunch Entrées**

(Choose I)

Pizza Slice

|amwich PB&| Combo Meal

## Lunch Sides (All Included)

Steamed Broccoli Florets **Baby Carrots** Fresh Apple Slices

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