

Menus for April 2019

**LYNCHBURG CITY SCHOOLS
HUTCHERSON EARLY
LEARNING CENTER**

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



**PLEASE
STAY
ALERT!**

**THE FIRST OF APRIL IS
APRIL FOOLS DAY!
DON'T BE FOOLED!**

**PLEASE SEE THE OTHER
PAGE FOR A LIST OF THE
GREATEST APRIL FOOLS
TRICKS OF ALL TIME!**



YOU'RE GETTING WARM.



One of the best ways to avoid getting hurt – playing a sport, in gym class, and even on the playground – is to stretch out a little first and start off slowly before you go all out.



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

Available Daily

Ham & Cheese Sandwich
or
Turkey & Cheese Sandwich

School Lunch includes:
Entrée
Serving of Vegetable & Fruit
8 fl oz Fat Free White Milk
Or
1% Low Fat White Milk

Monday, April 1

Lunch Entrée

Chicken Nuggets

Lunch Sides
(All Included)

Steamed Green Peas
Fresh Apple Slices

1% or Fat Free White Milk

Tuesday, April 2

Lunch Entrée

Pizza Dippers w/Pizza Dipping Sauce

Lunch Sides
(All Included)

Crunchy Baby Carrots
Chilled Diced Pears

1% or Fat Free White Milk

Wednesday, April 3

Lunch Entrée

Corn Dog Nuggets

Lunch Sides
(All Included)

Crispy Tater Coins
Fresh Orange Slices

1% or Fat Free White Milk

Thursday, April 4

Lunch Entrée

Hot Italian Turkey Flatbread

Lunch Sides
(All Included)

Romaine Garden Salad
Sweet Strawberry Cup

1% or Fat Free White Milk

Friday, April 5

Lunch Entrée

Cheese Pizza Crunchers

Lunch Sides
(All Included)

Fresh Veggie Cup w/Ranch Dip
Applesauce Cup

1% or Fat Free White Milk

I am the letter



Monday, April 8

Lunch Entrée

Creamy Macaroni & Cheese

Lunch Sides
(All Included)

Green Beans
Fresh Apple Slices

1% or Fat Free White Milk

Tuesday, April 9

Lunch Entrée

Beef Taco
Served with Shredded Cheddar Cheese,
Lettuce & Tomato

Lunch Sides
(All Included)

Golden Sweet Corn
Chilled Mixed Fruit

1% or Fat Free White Milk

Wednesday, April 10

Lunch Entrée

Breakfast for Lunch

Lunch Sides
(All Included)

Seasoned Diced Potatoes
1/2 Banana

1% or Fat Free White Milk

Thursday, April 11

Lunch Entrée

Spaghetti & Meatballs

Lunch Sides
(All Included)

Steamed Broccoli
Pineapple Tidbits

1% or Fat Free White Milk

Friday, April 12

Lunch Entrée

Hot Ham & Cheese Panini

Lunch Sides
(All Included)

Seasoned Potato Wedges
Chilled Sliced Peaches

1% or Fat Free White Milk

SPRING BREAK



**Break begins at the end of classes:
Friday, April 12**

**Classes resume:
Monday, April 22**



Q: What's the GOOFIEST thing about a GOOBER?



A: "Goober" is another name for a peanut, and the goofiest thing about a peanut is that it's not really a nut at all! Peanuts are really beans that grow under ground. Real nuts are sometimes called "tree nuts."

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

Monday, April 22

Lunch Entrée
Chicken Nuggets

Lunch Sides
(All Included)
Steamed Green Peas
Fresh Apple Slices
1% or Fat Free White Milk

Tuesday, April 23

Lunch Entrée
Pizza Dippers w/Pizza Dipping Sauce

Lunch Sides
(All Included)
Crunchy Baby Carrots
Chilled Diced Pears
1% or Fat Free White Milk

Wednesday, April 24

Lunch Entrée
Corn Dog Nuggets

Lunch Sides
(All Included)
Crispy Tater Coins
Fresh Orange Slices
1% or Fat Free White Milk

Thursday, April 25

Lunch Entrée
Hot Italian Turkey Flatbread

Lunch Sides
(All Included)
Romaine Garden Salad
Sweet Strawberry Cup
1% or Fat Free White Milk

Friday, April 26

Lunch Entrée
Cheese Pizza Crunchers

Lunch Sides
(All Included)
Fresh Veggie Cup w/Ranch Dip
Applesauce Cup
1% or Fat Free White Milk

Monday, April 29

Lunch Entrée
Creamy Macaroni & Cheese

Lunch Sides
(All Included)
Green Beans
Fresh Apple Slices
1% or Fat Free White Milk

Tuesday, April 30

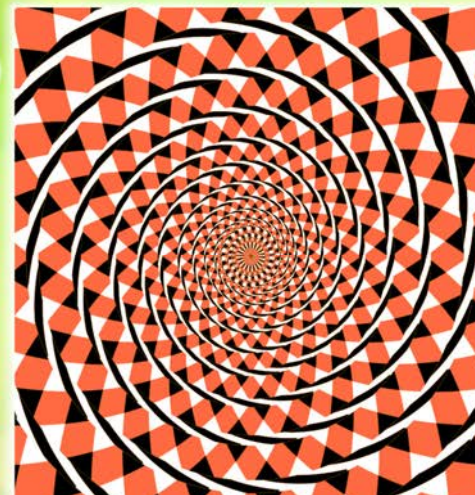
Lunch Entrée
Beef Taco
Served with Shredded Cheddar Cheese, Lettuce & Tomato

Lunch Sides
(All Included)
Golden Sweet Corn
Chilled Mixed Fruit
1% or Fat Free White Milk

NUTRITION TO GO

Experts recommend that we eat at least 20-30 grams of fiber a day -- but most Americans consume less than half that much. Good sources are grains, fruits, vegetables, and beans. Check the labels on foods, like your favorite breakfast cereal -- some cereals provide ten or more grams of fiber per bowl, but shoot for at least three.

A QUICK BITE FOR PARENTS



Only an Illusion

This image might look like a spiral, but it's not -- it's a series of circles. The background makes it APPEAR to be a spiral. Try tracing one of the lines if you're not convinced. You won't move inward or outward -- you'll just go around in a circle.