



April Showers Bring

May Flowers



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

No School 2

Chicken Fajitas 3
 Broccoli/Cauliflower/Carrots
 Peaches

Tater Tot Casserole 4
 Green Beans
 Mixed Fruit

Ham Slice 5
 Hash Browns
 Steamed Carrots and Pears

No School 6

Meatballs 9
 Rice, Pease and
 Pineapple

Turkey Roast 10
 Mashed Potatoes/Gravy
 Corn and Applesauce

Walking Tacos 11
 Spinach & Lettuce Salad
 Mandarin Oranges

Chicken Patty 12
 Tater Tots, Mixed Veg
 Strawberries and Licorice

Hamburger on a Bun 13
 Chips, Baked Beans and
 Pears

BBQ Pork on a bun 16
 Steamed Carrots
 Mixed Fruit

Spaghetti W/ Meat 17
 Sauce
 Green Beans and Peaches

Chicken Alfredo 18
 Corn, Pineapple and
 Animal Crackers

Mini Corn Dogs 19
 Potato Smiles, Broc/Cauli
 Applesauce

Pizza 20
 Chips/Salsa
 Peas and Mandarin
 Oranges

Chicken w/ Gravy 23
 Mashed Potato
 Corn and Pears

Pigs in a Blanket 24
 Mixed Vegetables
 Strawberries

BBQ on a Bun 25
 Baked Beans, Chips
 Mixed Fruit

Ham/Turkey Cheese Wrap 26
 Pretzels, Peaches
 Spinach/Lettuce Salad

Scalloped Potato & Ham 27
 Steamed Carrots
 Applesauce

Super Nachos 30
 Green Beans
 Pineapple

