# Dawson County Elementary Schools

This institution is an equal opportunity provider.

Menus are subject to change.



# Available Daily

Breakfast includes a choice of 100% fruit juice or fruit, and milk.

Whole grains are served daily.

Lunch meals include a fruit and choice of milk.

Milk choices include:

Fat Free Flavored, skim, and 1% milk.

#### Friday, April I

#### **Breakfast**

Sausage Biscuit

#### Lunch

Hamburger or Hotdog, Baked Beans, Baked Chips, Slaw, Fruit

## Munchie Meals

\*\*Available Daily\*\*

Mondays-Pizza Munchie Meal

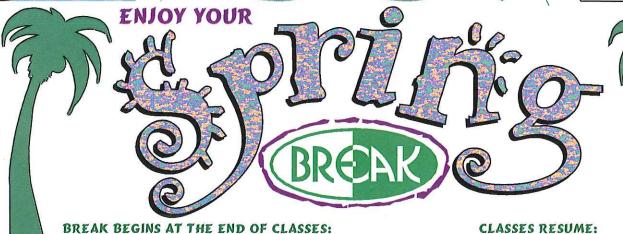
Tuesdays-Ham & Cheese Sliders

Munchie Meal

Wednesdays—PB&J Munchie Meal

Thursdays-Yogurt Munchie Meal

Fridays—Turkey Roll Munchie Meal



BREAK BEGINS AT THE END OF CLASSES: FRIDAY, APRIL I

MONDAY, APRIL II

# 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.



### Monday, April II

Breakfast Chicken Biscuit

Lunch

Macaroni & Cheese

or Chicken Nuggets, Roll, Fried Okra, Slaw, Blackeyed Peas,

Fruit

Tuesday, April 12

Breakfast Cereal w/Toast

Lunch

Beef & Cheese Nachos

or Chicken Enchilada, California Blend Vegetables, Lettuce/Tomato,

Fruit

Wednesday, April 13

Breakfast Blueberry Muffin

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<u>Lunch</u>

Popcorn Chicken or Steak Nuggets, Roll, Creamed Potatoes, Green Beans,

Fruit

Thursday, April 14

Breakfast Sausage Biscuit

Lunch Chicken Fettuccini

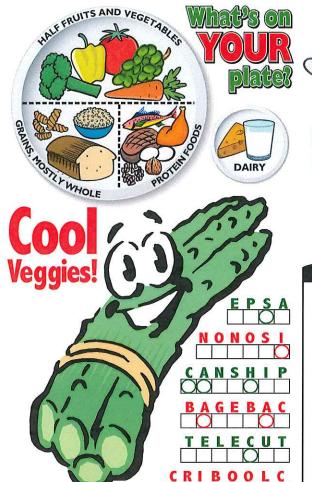
or Spaghetti, Breadstick, Garden Salad, Sugar Snap Peas, Fruit Friday, April 15

Breakfast Gravy Biscuit

Lunch

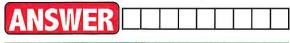
Pizza or Boneless Hot Wings w/Garlic Toast, Carrots & Celery Sticks

w/Dip, Corn, Fruit



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!

CIRCLED LETTERS:



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

# Available Daily

Fruit choices are available every day and may include:

Bananas, strawberries, apples, oranges, watermelon, cantaloupe, honeydew melon, grapes, applesauce, peaches, mandarin oranges, mixed fruit, blueberries, pineapple tidbits, sherbet cups, juice bars, nectarines or Jell-O w/Fruit

# SPIN YOUR WHEELS.



Biking may be the only activity that combines exercise, fun, AND transportation! Just remember to always wear bright clothes, close-toed shoes, and a helmet – and follow the rules of the road!

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

#### Monday, April 18

#### **Breakfast**

Chicken Biscuit

#### Lunch

Hotdog or BBQ Chicken Sandwich, Slaw, Baked Beans, Fries, Fruit

#### Tuesday, April 19

### **Breakfast**

Cinnamon Bun

#### Lunch

Chicken Sandwich
or
Corn Dog,
1/2 Baked Potato,
Carrots w/Dip,
Fruit

#### Wednesday, April 20

#### Breakfast Gravy Biscuit

Lunch

Chili Cheese Fritos or Beef Burrito, Spanish Rice & Beans, Garden Salad, Fruit

#### Thursday, April 21

# **Breakfast**

Blueberry Muffin

#### Lunch

Hamburger or Popcorn Chicken w/Roll, Fries, Slaw, Fruit

#### Friday, April 22

#### **Breakfast**

Cereal w/Toast

#### Lunch

Pizza or Chicken Pasta Bake, Garden Salad, California Blend Vegetables, Fruit

#### Monday, April 25

# Breakfast

Sausage Biscuit

#### Lunch

Chicken Nuggets or Mini Corn Dog, Creamed Potatoes, Steamed Broccoli, Roll, Fruit

#### Tuesday, April 26

#### Breakfast Cereal w/Toast

Cereal w/loas

#### Lunch

Mandarin Orange Chicken w/Fortune Cookie or BBQ Pork Sandwich, Garden Salad, Sweet Potato Fries, Fruit

#### Wednesday, April 27

# Breakfast Color

French Toast Sticks

#### Lunch

Beef & Cheese Nachos or Chicken Fajita Quesadilla, Refried Beans, Lettuce/Tomato, Fruit

#### Thursday, April 28

# <u>Breakfast</u>

Chicken Biscuit

#### Lunch

Personal Pizza or Beef Taco, Steamed Carrots, Garden Salad, Fruit

#### Friday, April 29

#### Breakfast Dutch Waffle

Lunch

Sack Lunch Day

PB&J Sandwich or Turkey Sub Sandwich, Baked Chips, Raw Veggies, Sweet Treat, Fruit