

Monday, April 1

**Morning Nutrition**

Grab and Go Choices  
Fruit, Juice, Milk

**Lunch**

Breaded Chicken  
Sandwich, trimmings

**Choose 1 from:**

Assorted Fruit, OJ

**Choose 1-2 from:**

Baked Beans, Assorted  
Veggies, Leafy Green Salad

**AfterSchool Snack**

Grab and Go Choices

Tuesday, April 2

**Morning Nutrition**

Grab and Go Choices  
Fruit, Juice, Milk

**Lunch**

Pizza Munchable

**Choose 1 from:**

Assorted Fruit

**Choose 1-2 from:**

Juice, Assorted Veggies  
and dip

**AfterSchool Snack**

Grab and Go Choices

Wednesday, April 3

**Morning Nutrition**

Grab and Go Choices  
Fruit, Juice, Milk

**Lunch**

Turkey Pot Pie  
Ice Cream Treat

**Choose 1 from:**

Assorted Fruit, OJ

**Choose 1-2 from:**

Steamed Broccoli,  
Assorted Veggies, Leafy  
Green Salad

**AfterSchool Snack**

Grab and Go Choices

Thursday, April 4

**Morning Nutrition**

Grab and Go Choices  
Fruit, Juice, Milk

**National Carrot Day**

Corn Dog Nuggets

**Choose 1 from:**

Assorted Fruits

**Choose 1-2 from:**

Juice, Glazed Carrots,  
Assorted Veggies, Leafy  
Green Salad

**AfterSchool Snack**

Grab and Go Choices

Friday, April 5

**Morning Nutrition**

Grab and Go Choices  
Fruit, Juice, Milk

**Race Day Brunch for**

**Lunch**

Scrambled Egg, Bacon  
Grits, Biscuits, Gravy

**Choose 1 from:**

Fruit, Cooked Apples

**Choose 1-2 from:**

Emoji Fries, Assorted  
Veggies, Leafy Green Salad

**AfterSchool Snack**

Grab and Go Choices

**SCHOOOL  
BREAKFAST**

**START YOUR ENGINES!**

**Kids! Join us April 5-  
RACE IN & FUEL UP at Breakfast and Lunch!**

Monday, April 8

**Morning Nutrition**

Grab and Go Choices  
Fruit, Juice, Milk

**Lunch**

Hot Dog on Bun,  
trimmings, Chips

**Choose 1 from:**

Assorted Fruit, OJ

**Choose 1-2 from:**

Baked Beans, Slaw  
Assorted Veggies, Leafy  
Green Salad

**AfterSchool Snack**

Grab and Go Choices

Tuesday, April 9

**Morning Nutrition**

Grab and Go Choices  
Fruit, Juice, Milk

**Lunch**

Ham/Turkey/Cheese  
Munchable, Treat

**Choose 1 from:**

Assorted Fruit

**Choose 1-2 from:**

Juice, Baby Carrots,  
Celery

**AfterSchool Snack**

Grab and Go Choices

Wednesday, April 10

**Morning Nutrition**

Grab and Go Choices  
Fruit, Juice, Milk

**Lunch**

Beefaroni  
Cheese Breadstick Bites

**Choose 1 from:**

Assorted Fruit, Sorbet

**Choose 1-2 from:**

Green Beans, Assorted  
Veggies, Leafy Green Salad

**AfterSchool Snack**

Grab and Go Choices

Thursday, April 11

**Morning Nutrition**

Grab and Go Choices  
Fruit, Juice, Milk

**Lunch**

BBQ on Bun **OR** Turkey  
Burger,  
Baked Lays

**Choose 1 from:**

Assorted Fruit

**Choose 1-2 from:**

Juice, Slaw, Corn,  
Assorted Veggies, Leafy  
Green Salad

**AfterSchool Snack**

Grab and Go Choices

Friday, April 12

**Morning Nutrition**

Grab and Go Choices  
Fruit, Juice, Milk

**Lunch**

Pizza

**Choose 1 from:**

Assorted Fruit

**Choose 1-2 from:**

Steamed Broccoli,  
Assorted Veggies, Leafy  
Green Salad

**AfterSchool Snack**

Grab and Go Choices

**Make MyTray Healthy!**

All School Meal Customers Must Choose:

**1 Juicy Fruit OR  
1 Colorful Vegetable  
& 2-4 Additional Different  
Food Group Choices**

Monday, April 15

**Morning Nutrition**

Grab and Go Choices  
Fruit, Juice, Milk

**Lunch**

Popcorn Chicken  
WW Roll

**Choose 1 from:**

Assorted Fruit, OJ

**Choose 1-2 from:**

Sweet Potato Fries,  
Assorted Veggies, Leafy  
Green Salad

**AfterSchool Snack**

Grab and Go Choices

Tuesday, April 16

**Morning Nutrition**

Grab and Go Choices  
Fruit, Juice, Milk

**Lunch**

Pizza Munchable  
Chocolate Chip Cookie

**Choose 1 from:**

Assorted Fruit

**Choose 1-2 from:**

Juice, Assorted Veggies  
and dip

**AfterSchool Snack**

Grab and Go Choices

Wednesday, April 17

**Morning Nutrition**

Grab and Go Choices  
Fruit, Juice, Milk

**Lunch**

Cheesy Bread w/ Marinara  
Dipping Sauce

**Choose 1 from:**

Assorted Fruit

**Choose 1-2 from:**

Steamed Broccoli,  
Assorted Veggies, Leafy  
Green Salad

**AfterSchool Snack**

Grab and Go Choices

Thursday, April 18

**Morning Nutrition**

Grab and Go Choices  
Fruit, Juice, Milk

**N'l Animal Cracker Day**

Go-gurt, Turkey Stick,  
Cheese Stick  
Animal Crackers

**Choose 1 from:**

Applesauce Squeeze, Fruit  
Cup

**Choose 1-2 from:**

Juice, Baby Carrots pack

**AfterSchool Snack**

Grab and Go Choices

Friday, April 19



No School Today

**eatfit** wanna stay fit?  
gotta eat right!

**item:** bananas  
**verdict:** peel away

**tip:** Bananas are a perfect portable breakfast or snack! Athletes love them before a workout for their easily digestible carb fuel and after a workout with a protein food like peanut butter for recovery. Bananas even replace potassium lost during prolonged exercise!

**FIT METER**

105 0 3  
CALORIES SAT FAT CARBS FIBER  
GRAINS

You should eat 1000-2000 calories a day, depending on your level of activity. Eat at least 25g of fiber a day.