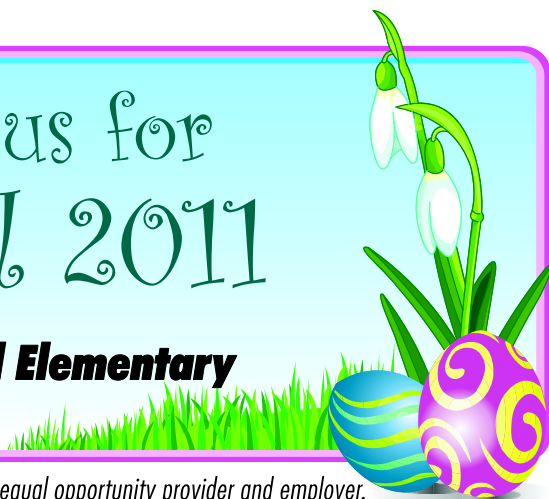


# Menus for April 2011

## Territorial Elementary



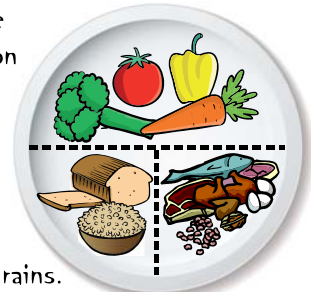
*This institution is an equal opportunity provider and employer.*

*Available Daily*

**Cheese Pizza,  
Pepperoni Pizza,  
Chicken Nuggets,  
French Fries, Salad  
Bar, and a wide  
variety of fruits and  
veggies, Assorted  
Milks**

## DIVIDE AND PROSPER.

There's a simple way to make sure you're eating good proportions of the various foods you put on your dinner plate: half should be veggies and fruit, a quarter lean protein, and a quarter starch, which should mostly be from whole grains.



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

**Monday, April 4**

**Breakfast**

Biscuits w/ Gravy  
Ham and Egg Pocket  
Bagel w/ Cream Cheese  
Cereal/Yogurt

**Lunch**

Spaghetti w/ meatballs  
Green Beans

**Tuesday, April 5**

**Breakfast**

Biscuits w/ Gravy  
Ham & Egg Pocket  
Bagel w/ Cream Cheese  
Cereal/Yogurt

**Lunch**

Baked Chicken  
Au Gratin Potatoes

**Wednesday, April 6**

**Breakfast**

Biscuits w/ Gravy  
Ham & Egg Pocket  
Bagel w/ Cream Cheese  
Cereal/ yogurt

**Lunch**

Meat Loaf  
Corn on the Cob  
Roll

**Thursday, April 7**

**Breakfast**

Biscuits w/ Gravy  
Ham & Egg Pocket  
Bagel w/ Cream Cheese  
Cereal/ Yogurt

**Lunch**

Mac & Cheese w/ Ham  
Peas



### APRIL BIRTHDAYS

Billie Holiday -- April 7  
Kristen Stewart (21)-- April 9  
Emma Watson (21) -- April 15  
Queen Elizabeth II (85) - April 21  
William Shakespeare -- April 23  
Duke Ellington -- April 29

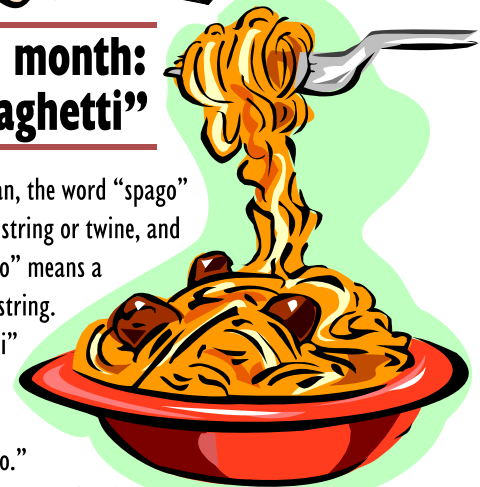


**Where do all of our  
crazy names for  
food come  
from?**



**WORDS  
OF  
MOUTH**

**This month:  
"Spaghetti"**



In Italian, the word "spago" means string or twine, and "spaghetto" means a very thin string. "Spaghetti" is the plural of "spaghetto." Traditionally, spaghetti was 20" long (try wrapping that around your fork!), but in America, 10" is a more typical length. Today, lots of pastas are being made with whole grains. Give these healthier "little strings" a try!

**Monday, April 11**

**Breakfast**

Scrambled Eggs w/ Hash  
Browns  
Pancake on a Stick  
Cereal or Muffin

**Lunch**

Hamburger  
Oven Fries

**Tuesday, April 12**

**Breakfast**

Scrambled Eggs w/ Hash  
Browns  
Pancake on a Stick  
Cereal or Muffin

**Lunch**

Sloppy Joe  
Fries

**Wednesday, April 13**

**Breakfast**

Scrambled Eggs w/ Hash  
Browns  
Pancake on a Stick  
Cereal or Muffin

**Lunch**

Cheese Crisp  
Mexi Corn

**Thursday, April 14**

**Breakfast**

Scrambled Eggs w/ Hash  
Browns  
Pancake on a Stick  
Cereal or Muffin

**Lunch**

Tuna Sandwich  
Carrots

I am the letter

**B**



ball