



Elementary  
Schools

## Menus for April 2010

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



### IT'S IN OUR HANDS!

The US Census count that happens this year determines how many legislators represent us in Congress and how much government funding we receive. That money is for critical community services like roads, parks, housing, schools, public safety and more.

[2010census.gov](http://2010census.gov)

United States  
Census  
2010

### Thursday, April 1

#### Breakfast

Cinnamon Bun  
Fruit Cup, Milk

#### Lunch

Baked Chicken  
Mashed Potatoes  
Gravy, Fruit  
Milk

# GET IT IN YOU.

OK, this is big. Really big. So listen up. Fiber is found naturally in whole grains, fruits, and vegetables and is added to many other foods. It's good for you. Really good. SO EAT MORE FIBER.

# FIBER

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

### Monday, April 5

#### Breakfast

Whole Wheat Poptart, Juice,  
Milk

#### Lunch

Pizza  
Fruit  
Veggie  
Milk

### Tuesday, April 6

#### Breakfast

Pancake on a Stick, Juice,  
Milk

#### Lunch

Chicken Nuggets  
Fruit  
Veggie  
Milk

### Wed., April 7

#### Breakfast

Tac-Go  
Fruit, Milk

#### Lunch

Mac & Cheese  
w/Ham  
Fruit, Veggie  
Scooby Snack  
Milk

### Thursday, April 8

#### Breakfast

Choco Chip Breakfast Round  
Cheese Stick  
Juice, Milk

#### Lunch

Beef Nuggets  
Mashed Potatoes  
Gravy, Roll, Fruit  
Milk

### Monday, April 12

#### Breakfast

Quaker Oat Granola Bar  
Cheese Stick  
Fruit, Milk

#### Lunch

Corn Dogs  
Fruit  
Veggie  
Milk

### Tuesday, April 13

#### Breakfast

Ham & Egg Pockets, Juice  
Milk

#### Lunch

Cheese Crisp  
Refried Beans  
Fruit  
Milk

### Wed., April 14

#### Breakfast

Chef's Choice

#### Lunch

Spaghetti w/Meat Sauce  
Breadstick  
Veggie, Fruit  
Milk

### Thurs, April 15

#### Breakfast

Cinnamon Bagels  
Juice, Milk

#### Lunch

Franks and Beans  
Corn Muffin  
Fruit  
Milk

## Word of the Month

# co·op·er·a·tion

n. 1. working together for the common good; teamwork 2. mutual help and assistance among people on a project or effort

## The Nutrition Sleuth

**Taking a closer look at  
the foods we eat . . .**

Moderation and variety are the keys to healthy eating habits. A burger, taco, or piece of pizza may contain more than 30% calories from fat. But when paired with lowfat chocolate milk, a piece of fruit, and carrot sticks with lowfat dip, the entire meal can be quite healthy.



*Calorie analysis of this typical  
School Lunch Combo:*  
Soft Chicken Taco  
Celery & Carrot Sticks w/Dip  
Salsa & Tortilla Chips  
Banana  
Lowfat Chocolate Milk

**Total calories: 727**  
**Calories from protein: 13%**  
**Cal. from carbohydrates: 59%**  
**Calories from fat: 28%**  
**Goal: 30% or less fat calories**