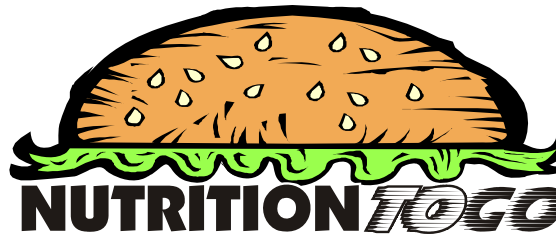


Happy
Earth
Day
To
You!



April 22 is
the 40th
Anniversary
of the first
Earth Day



NUTRITION TO GO

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.

A TASTY MORSEL FOR PARENTS

HERB/SPICE

Chives



Herbs and spices are plants that are used to flavor food. Chives are often chopped into tiny hollow rings and sprinkled on baked potatoes. They're related to onions, but chives have a much more subtle and delicate flavor.

OF THE MONTH

Monday, April 19

Breakfast

Nutrigrain Bar
Cheese Stick
Juice, Milk

Lunch

Chicken Nuggets
Veggie
Fruit
Milk

Tuesday, April 20

Breakfast

Mini Pancakes
Fruit Cup, Milk

Lunch

Hamburger on a Whole
Wheat Bun
Oven Fries
Fruit
Milk

Wed., April 21

Breakfast

Egg Wraps
Juice, Milk

Lunch

Turkey, Mashed Potatoes,
Gravy
Roll, Fruit
Milk

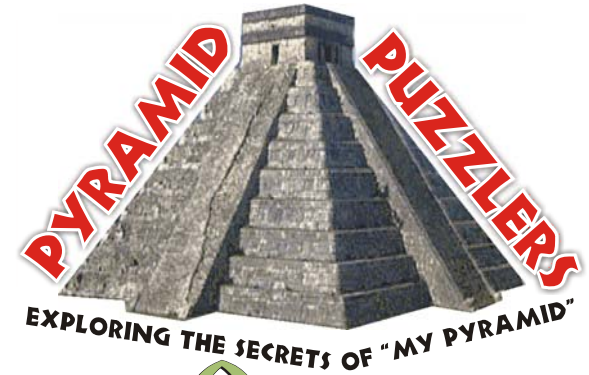
Thurs, April 22

Breakfast

Blueberry Muffins
Cheese Stick
Juice, Milk

Lunch

Teriyaki Beef Nuggets
Veggie, Fruit
Biscuit
Milk



Monday, April 26

Breakfast

Cereal Bar
Cheese Stick
Juice, Milk

Lunch

Hot Dog on a Bun
Veggie Beans
Fruit
Milk

Tuesday, April 27

Breakfast

French Toast
Fruit, Milk

Lunch

Soft Taco
Mexi Corn
Fruit
Milk

Wed., April 28

Breakfast

Sausage Biscuit
Juice, Milk

Lunch

Grilled Cheese Sandwich
Veggie Sticks
Fruit
Milk

Thurs, April 29

Breakfast

Super Donut
Fruit Cup, Milk

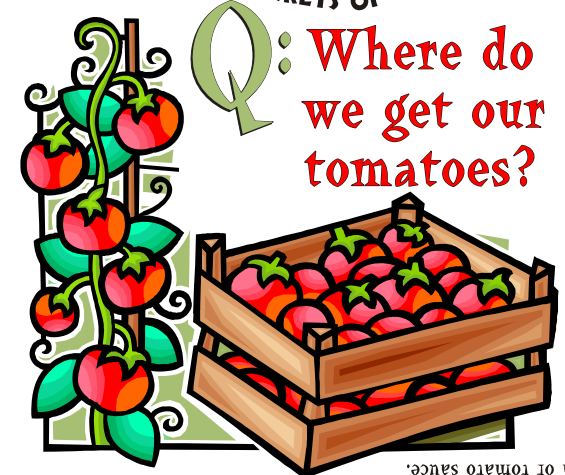
Lunch

Chicken Nuggets
Veggie
Fruit
Milk



APRIL BIRTHDAYS

David Letterman (63) -- April 12
Thomas Jefferson -- April 13
Emma Watson (20) -- April 15
Conan O'Brien (47) -- April 18
Coretta Scott King -- April 27
Jay Leno (60) -- April 28



Q: Where do we get our tomatoes?

A: The average American eats 22 pounds of tomatoes a year, and all of them came from a vine somewhere. But less than half the tomatoes we eat are fresh. We get most of our tomatoes in processed form, out of a bottle of ketchup or a can of tomato sauce.

LEARN MORE AT WWW.KIDSHHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML