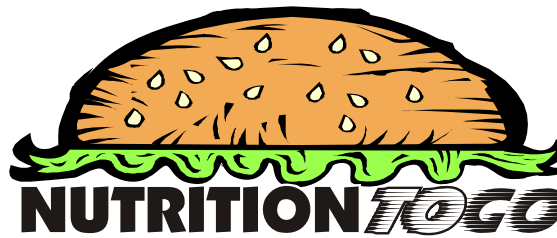


Happy
Earth
Day
To
You!



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



NUTRITION TO GO

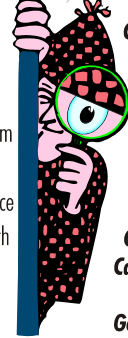
Moderation and variety are the keys to healthy eating habits. A burger, taco, or piece of pizza may contain more than 30% calories from fat. But when paired with lowfat chocolate milk, a piece of fruit, and carrot sticks with lowfat dip, the entire meal can be quite healthy.

A TASTY MORSEL FOR PARENTS

The Nutrition Sleuth

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

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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

Monday, April 19

Breakfast

Raspberry Nutrigrain Bar
Cheese Stick
Juice, Milk

Lunch

Cheese Pizza
Frito Lay Baked Chips
Fruit

Tuesday, April 20

Breakfast

Breakfast Bagel
Applesauce
Juice Milk

Lunch

Burgers
Garlic Fries, Carrots
Sandwich

Wed., April 21

Breakfast

Cinnamon Bun
Cheese Stick
Juice, Milk

Lunch

Chicken Stir Fry
Veggies, Rice
Sandwich
Frito Lay Chips

Thurs, April 22

Breakfast

Breakfast Square
Fruit
Juice, Milk

Lunch

Waffles
Sausage Links
Hash Browns
Sandwich
Frito Lay Chips

Monday, April 26

Breakfast

Trix Cereal Bar
Fruit Stick
Juice, Milk

Lunch

Sloppy Joes
Tator Tots
Fruit Cup
Sandwich
Frito Lay Chips

Tuesday, April 27

Breakfast

Apple Loaf
Cheese Stick
Juice, Milk

Lunch

Chicken Nuggets
Augratin Potatoes
Green Beans

Wed., April 28

Breakfast

Super Donut
Fruit
Juice, Milk

Lunch

Salisbury Steaks
Mashed Potatoes
Corn
Sandwich
Frito Lay Chips

Thurs, April 29

Breakfast

Strawberry Yogurt Bar
Cheese Stick
Juice, Milk

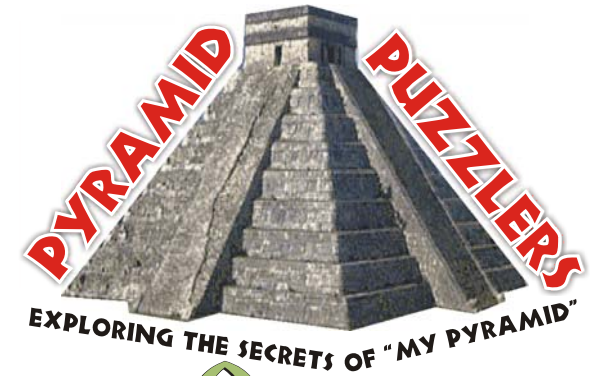
Lunch

Burrito
Refried Beans
Chips/Salsa
Sandwich



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