

# Menus for APRIL 2010



**Cougar Lane Pre-School**

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

## *Featured Specials of the Day*

### **Thursday, April 1**

Breakfast: Blueberry Muffins, Cheese Stick, Juice, Milk  
Lunch: Turkey w/Mashed Potatoes & Gravy, Corn, Corn Muffin, Milk

### **Tuesday, April 6**

Breakfast: Nutrigrain Bar, Apple Slices, Milk  
Lunch: Teriyaki Beef, White Rice, Veggie, Fruit, Fortune Cookie, Milk

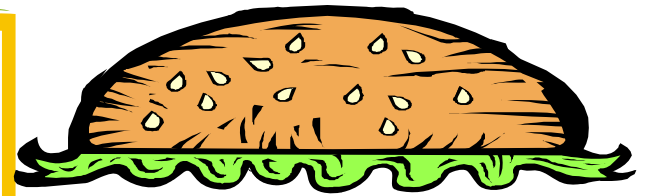
### **Wednesday, April 7**

Breakfast: Pancake on a Stick, Juice  
Lunch: Chicken Nuggets, AuGratin Potatoes, Carrot Coins, Milk

### **Thursday, April 8**

Breakfast: Cereal Bowl, Yogurt, Juice, Milk  
Lunch: Deli Style Sand, Mixed Veggies, Baked Beans, Milk

 **PLEASE SEE REVERSE SIDE FOR ITEMS AVAILABLE EVERY 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 TEENAGERS**

## *Featured Specials of the Day*

### **Tuesday, April 13**

Breakfast: Poptart, Cheese Stick, Juice, Milk  
Lunch: Beef Nuggets, Mashed Potatoes w/Gravy, Green Beans, Milk

### **Wednesday, April 14**

Breakfast: 1/2 Churros, Yogurt, Juice, Milk  
Lunch: Egg Rolls, Fried Rice, Stir Fried Veggies, Fortune Cookie, Milk

### **Thursday, April 15**

Breakfast: Breakfast Cinnamon Bun, Fruit Cup, Milk  
Lunch: Taco w/Beef, Beans, Mexicorn, Spanish Rice, Milk

## OUR NATION'S HISTORY

The Declaration of Independence was written in 1776 by a committee of the Continental Congress that had three members: Ben Franklin, John Adams, and Thomas Jefferson. Franklin was already 70 at the time and would live another 14 years. Adams and Jefferson were younger men, and each would go on to become President of the United States – and they also became bitter political rivals in the young republic. In later life, they would become friends again and correspond for many years. Amazingly, Adams and Jefferson died on the same day, and, even more amazingly, that day was July 4, 1826 – exactly 50 years to the day from the signing of their Declaration.



WITH LIBERTY & JUSTICE FOR ALL