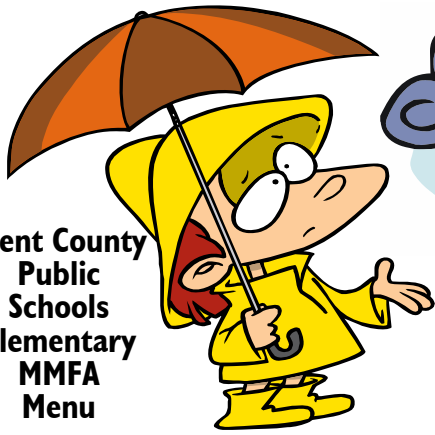


**Kent County  
Public  
Schools  
Elementary  
MMFA  
Menu**



**Menus for  
April 2010**

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

**Thursday, April 8**

**Breakfast**  
Cereal w/ graham crackers  
Fruit Juice

**Lunch**  
Chicken Nuggets  
w/ dipping sauces  
Kale  
Baked Beans  
Apricots  
Whole Wheat Rolls

**Friday, April 9**

**Breakfast**  
Apple Muffin w/  
Graham Crackers  
Peaches

**Lunch**  
Assorted Pizza  
Glazed Carrots  
Fresh Apple  
Whole Wheat  
Sugar Cookies

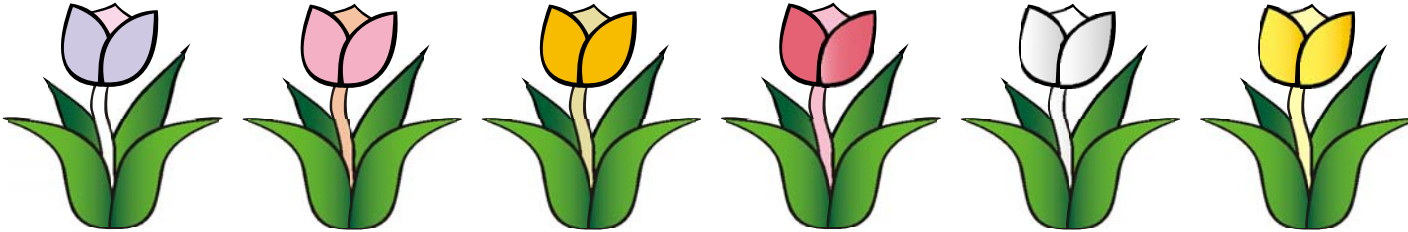
**Available Daily**

**Breakfast**  
Fruit or 100% Fruit Juice

**Lunch**  
Hamburger or Cheeseburger, PB&J, Toasted Cheese Sandwich,  
Hot Dogs (Tuesday & Thursday)  
Chicken Patties (Monday, Wednesday & Friday)  
Fresh Fruit when available,  
Wheat and White Bread Basket

**S P R I N G**

**B R E A K**



**Break begins at the end of classes:  
Wednesday, March 31**

**Classes resume:  
Thursday, April 8**

**Still the  
Best Deal in Town**

Breakfast	Lunch
<b>\$0.00</b>	<b>\$2.00</b>

We provide free and reduced-price meals (\$.30 for breakfast, \$.40 for lunch) for eligible students. Please call your school for details.

**Monday, April 12**

**Breakfast**  
Whole Wheat  
Breakfast Bun  
Fruit Juice

**Lunch**  
Pizza Burger  
French Fries  
Kale  
Baked Apple Slices

**Tuesday, April 13**

**Breakfast**  
Breakfast Pizza  
Applesauce

**Lunch**  
Brunch for Lunch  
Quiche  
Sausage Patty  
Whole Wheat Pancake  
Hash Browns  
Peaches

**Wed., April 14**

**Breakfast**  
Blueberry Muffin  
w/ graham crackers  
Fruit Juice

**Lunch**  
Chili Con Carne  
w/ beans  
Mexicali Corn  
Salsa  
Nacho Chips  
Pears

**Thursday, April 15**

**Breakfast**  
Bagels w/ cream cheese  
Peaches

**Lunch**  
Turkey Supreme w/ dressing  
Broccoli  
Apricot Crisp  
Sweet Potato Pie w/ topping  
Cranberry Sauce  
Whole Wheat Roll

**Friday, April 16**

**Breakfast**  
Maple Flavored Waffles  
Fruit Juice

**Lunch**  
Assorted Pizza  
Garden Salad w/  
Dressings  
Fresh Orange  
Rice Pudding w/ raisins

**Word of the Month**

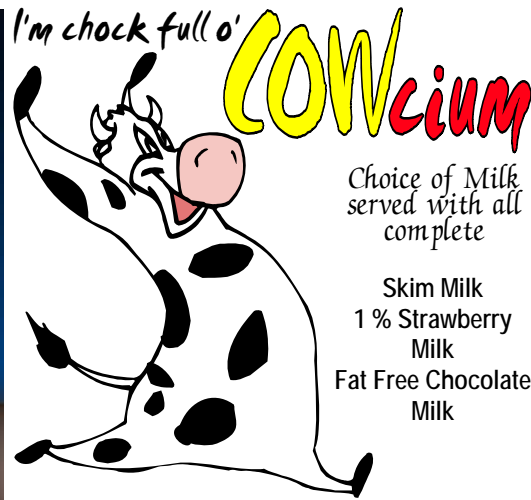
**co·op·er·a·tion**

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

Happy  
Earth  
Day  
To  
You!



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



Choice of Milk  
served with all  
complete

Skim Milk  
1 % Strawberry  
Milk  
Fat Free Chocolate  
Milk

We are pleased to provide  
**FREE AND  
REDUCED-PRICE  
MEALS**

for all students who qualify. It's simple to apply  
and we accept applications all year.  
Pick up your application at your school or the  
Central Office

**Monday, April 19**

**Breakfast**

Bagler w/ cream cheese  
Fruit or Juice

**Lunch**

Chicken Nuggets w/  
dipping sauces  
Rice Pilaf w/w beans  
Apricots  
Frozen Peas  
Whole Wheat Roll

**Tuesday, April 20**

**Breakfast**

Breakfast Pizza  
Fruit or Juice

**Lunch**

Toasted Cheese Sandwich  
Bean Soup  
Carrot Sticks  
Applesauce  
Home made Brownies

**Wed, April 21**

**Breakfast**

Breakfast Burrito  
Fruit or Juice

**Lunch**

Whole Wheat Spaghetti  
w/ meat sauce  
Garden Salad w/ dressings  
Pineapple  
Whole Wheat Bread Stick

**Thursday, April 22**

**Breakfast**

Pancakes  
Fruit or Juice

**Lunch**

Turkey Subs  
Lettuce and Pickle Cup  
Broccoli  
Fresh Apple  
Oatmeal Raisin Cookie

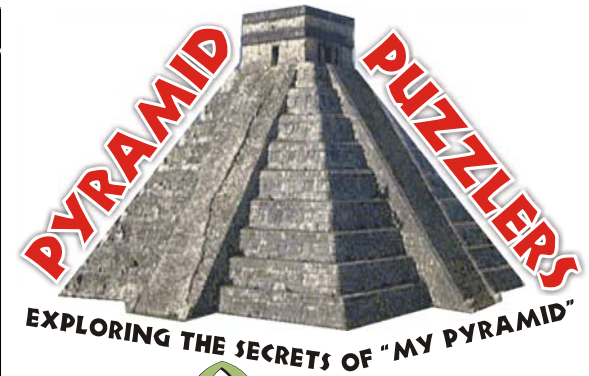
**Friday, April 23**

**Breakfast**

Egg, Sausage and  
Cheese Biscuit  
Fruit or Juice

**Lunch**

Assorted Pizza  
Baked Beans  
Salsa w/ nacho chips  
Fruit Mix



**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. We get most of our tomatoes in processed form, out of a bottle of ketchup or a can of tomato sauce.

**Monday, April 26**

**Breakfast**

Whole Wheat  
Breakfast Bun  
Fruit or Juice

**Lunch**

Pop Corn Chicken Bites  
w/ sauces  
Potato Gems  
Broccoli  
Peach Crisp  
Hot Roll

**Tuesday, April 27**

**Breakfast**

Scrambled Eggs,  
Bacon and toast  
Fruit or Juice

**Lunch**

Toasted Cheese Sandwich  
Tomato Soup  
Baked Beans  
Pears

**Wed., April 28**

**Breakfast**

Cereal or Hot Oatmeal w/  
toast or graham crackers  
Fruit or Juice

**Lunch**

Lasagna w/ meat sauce  
Garden Salad w/  
Dressings  
Fresh Orange  
Whole Wheat  
Bread Stick

**Thursday, April 29**

**Breakfast**

Waffles  
Fruit or Juice

**Lunch**

Turkey Tacos w/ salsa  
Cheese Cup  
Lettuce and Tomato Cup  
Green Beans  
Applesauce  
Jell-O w/ topping

**Friday, April 30**

**Breakfast**

Breakfast Pizza  
Fruit or Juice

**Lunch**

Assorted Pizza  
Carrot Sticks  
Pineapple  
Whole Wheat  
Sugar Cookie

**LEARN MORE AT [WWW.KIDSHHEALTH.ORG/  
KID/STAY\\_HEALTHY/FOOD/PYRAMID.HTML](http://WWW.KIDSHHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML)**