

April Menu **SUPPER**

Monday	Tuesday	Wednesday	Thursday
1 Pizza Fresh Garden Fresh Fruit	2 Burritos Salsa Vegetable Dippers Fruit Cup	3 Corn Dogs Baked Chips Carrot Dippers Fresh Fruit	4 Chicken Nuggets Hot Roll French Fries Fruit Cup
8 Cheesy Bread Sticks Tossed Salad Fresh Fruit	9 Crispitos Salsa Baby Carrots Fruit Cup	10 Chicken Burger Baked Chips Vegetable Dippers Fresh Fruit	11 Hot Dog Choice of Chips Baked Beans Fruit Cup
15 Pizza Fresh Garden Fresh Fruit	16 Burritos Salsa Vegetable Dippers Fruit Cup	17 Corn Dogs Baked Chips Carrot Dippers Fresh Fruit	18 Chicken Nuggets Hot Roll French Fries Fruit Cup
22 ENJOY YOUR HOLIDAY!!	23 Crispitos Salsa Baby Carrots Fruit Cup	24 Chicken Burger Baked Chips Vegetable Dippers Fresh Fruit	25 Hot Dog Choice of Chips Baked Beans Fruit Cup

Peas Please

One of the most versatile and yummy vegetables around is in season this month, the Pea! For such a tiny little thing, it is packed with a lot of health benefits.

- ◇ Just one serving of freshly frozen garden peas contain as much Vitamin C as two large apples! Vitamin C boosts our immune system and helps keep us healthy.
- ◇ A 100 calorie serving of peas contains more protein than a whole egg or tablespoon of peanut butter! Protein gives you the energy needed to succeed in whatever activity you are taking on.
- ◇ Peas are packed full of fiber, which helps clean your body out and keeps you “regular”.

A choice of milk will be offered with every meal.