


April Menu **PRE-KINDER**

Milk will be offered with every meal.

Monday	Tuesday	Wednesday	Thursday	Friday
4 Hot Dog with Chips Seasoned Vegetables Carrot Dippers Fresh Fruit Salad	5 Nachos Lettuce & Tomato Refried Beans Spanish Rice Banana Sundaes	6 Pizza Steamed Broccoli Tossed Salad Fruit Cup	7 Chicken Nuggets Hot Roll Mashed Potatoes Seasoned Vegetables Berries & Cream	8  Grab N' Go Sack Lunch
11 Asian Bowl or Uncrustable & Cheese Stick Steamed Carrots Side Salad Fruit Cup	12 Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Fruit Cup	13 Spaghetti with Meat Sauce and Garlic Toast Seasoned Green Beans Side Salad Fruit Cup	14 Chicken Bucket Hot Roll Seasoned Vegetables Pineapple Fluff	15 Enjoy Your Day Off!
18 Enjoy Your Day Off!	19 Enchiladas Lettuce & Tomato Spanish Rice Refried Beans Berries & Cream	20 Pizza Seasoned Vegetables Fruit Cup	21 Steak Fingers Hot Roll Mashed Potatoes Seasoned Vegetables Rainbow Apple Sauce	22 Cheese Burger Basket with Fries Lettuce & Pickles Fresh Fruit
25 Mini Corn Dogs Macaroni & Cheese Steamed Vegetables Carrot Dippers Fruit Cup	26 Nachos Lettuce & Tomato Spanish Rice Refried Beans Fruit Cup	27 Pizza Seasoned Vegetables Side Salad Fruit Cup	28 Popcorn Chicken Hot Roll Mashed Potatoes Seasoned Corn Colorful Pears	29 Chicken Sandwich Basket with Fries Lettuce & Pickles Fresh Fruit

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".



An option of Fresh Fruit or Fruit Cup and a Choice of Juice and Milk are also offered everyday.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 & 3	Yogurt & Scoobies	Breakfast Wrap	Cereal & Grahams	Breakfast Pizza	Pig in a Blanket
Week 2 & 4	Pancake Wrap	Breakfast Burrito	Biscuits & Sausage	Eggo Waffles	Breakfast on Bun