

# APRIL

## PRE-KINDER

Milk will be offered with every meal.

### STAY ACTIVE



Sometimes watching TV or playing video games sounds a lot more fun than staying active, but see below for the many benefits to physical activity that you can't get staring at a screen.

- Sleep well at night
- Move around more easily
- Have stronger muscles and bones
- Avoid diseases later in life
- Feel better about yourself
- Decrease your chances of becoming depressed

Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked Ziti Garlic Toast Seasoned Corn Steamed Baby Carrots Fruit Dessert	4 Chicken Fajitas Soft Taco Pinto Beans Lettuce & Tomato Fruit Cup	5 Chicken & Waffles Seasoned Vegetables Fruit Cup	6 Popcorn Chicken Rice Steamed Broccoli Fruit Salad	7 <i>Enjoy Your Day Off!</i>
10 <i>Enjoy Your Day Off!</i>	11 Nachos Refried Beans Tossed Salad Fresh Apples	12 Country Bowl <i>with Popcorn Chicken, Creamy Mashed Potatoes, and Sweet Corn</i> Hot Roll Fruit Cup	13 Corn Dogs Macaroni & Cheese Carrot Dippers Fruit Cup	14 Chicken Sandwich Basket w/ Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit
17 Cheese Pizza Seasoned Vegetables Fruit Cup	18 Soft Tacos Pinto Beans Lettuce & Tomato Orange Smiles	19 Chicken Nuggets Hot Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apple Sauce	20 Hot Dog with Chips Steamed Broccoli Carrot Dippers Frozen Fruit Treat	21 Cheese Burger Basket w/ Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit
24 Cheese Pizza Seasoned Vegetables Fruit Dessert	25 Crispitos Pinto Beans Spanish Rice Fruit Cup	26 Chicken Strips Hot Roll Mashed Potatoes Seasoned Green Beans Berries & Cream	27 Popcorn Chicken Rice Steamed Broccoli Fruit Salad	28 Chicken Sandwich Basket w/ Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit

### Breakfast

An option of cereal & toast, fresh fruit or fruit cup and a choice of juice and milk are also offered every day.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week of 4/3 & 4/17	Breakfast on Bun	French Toast Sticks	Bacon & Eggs w/ Toast	Pancake Wrap	Biscuits & Gravy
Week of 4/10 & 4/24	Breakfast Bowl	Banana Bread	Eggs & Sausage w/ Toast	Breakfast Pizza	Fruit Frudel