Head Start Menus APRIL

St. Charles Parish Public Schools

This institution is an equal opportunity provider.

Menus are subject to change.



Arab-American Heritage Month
Earth Month
Move More Month
National Garden Month
National Garlic Month
National Grilled Cheese Month

National Humor Month National Poetry Month National Volunteer Month School Library Month World Autism Month





Eun Easts About Stramborried

- Strawberries are Louisiana's state fruit.
- Wash berries just before eating. Excess moisture during storage can encourage molding.
- The seeds on the outsides of strawberries are actually the fruit! On average, there are 200 on every strawberry.

Strawberries Are Nutritious and Good for You!

- · Good source of fiber.
- · Excellent source of vitamin C.
- · Good source of manganese.



Ag Center SEE





Chex St

Tuesday, April I

Breakfast

French Toast Sticks Juice, Milk

Lunch

Hamburger Crinkle Cut Fries Orange Wedges Milk

Snack

Yogurt
Tiger Bites Graham Crackers

Wednesday, April 2

Breakfast

Breakfast Pizza Juice, Milk

Lunch

Chili, Cheese, Crackers Garden Salad Banana Half Milk

Snack

Rice Krispie Treat
Orange Wedges

Thursday, April 3

<u>Breakfast</u>

Sausage Biscuit Juice, Milk

Lunch

Jambalaya Broccoli Florets Peaches Milk

Snack

Cinnamon Goldfish Milk

Friday, April 4

<u>Breakfast</u>

Grits Juice, Milk

Lunch

Fish Nuggets Macaroni & Cheese Green Beans, Pears Halves Milk

Snack

Vanilla Chat Snax Grahams Fruit Cup (Applesauce)

Monday, April 7

Breakfast

Confetti Pancakes Juice, Milk

Lunch

Chicken Tenders Broccoli w/Cheese Applesauce Milk

Snack

Chex Strawberry Cereal Bag Milk

Tuesday, April 8

Breakfast

French Toast Sticks Juice, Milk

Lunch

Orange Chicken, Fried Rice Edamame Beans Pear Halves Milk

Snack

Yogurt Cinnamon Bear Cracker

Wednesday, April 9

Breakfast

Breakfast Pizza Iuice, Milk

Lunch

Gumbo w/Rice Potato Salad Banana Half Milk

Snack

Mozzarella String Cheese Orange Wedges

Thursday, April 10

Breakfast

Sausage Biscuit Iuice, Milk

Easter Brunch

Scrambled Eggs & Sausage Potato Coins, Grits Frozen Fruit Cup Milk

Snack

Mickey Gold Fish Milk

Friday, April II

Breakfast

Cereal Juice, Milk

Lunch

Mac & Cheese Bites Green Beans Orange Wedge Milk

Snack

Animal Crackers Fruit Cup (Pear)



Every complete meal we serve comes with your choice of milk!





Easter Break

Break begins on: Monday, April 14

Classes resume:
Monday, April 21

Monday, April 21

Breakfast

Confetti Pancakes Juice, Milk

Lunch

Red Beans w/Sausage Steamed Rice Mustard Greens, Pears Milk

Snack

Chex Strawberry Cereal Bag Milk

Tuesday, April 22

Breakfast

French Toast Sticks Juice, Milk

Lunch

Soft Taco w/Cheese Refried Beans Apple Wedges Milk

Snack

Yogurt Cinnamon Bear Cracker

Wednesday, April 23

Breakfast

Breakfast Pizza Juice, Milk

Lunch

Salisbury Steak Mashed Potatoes, Roll Banana Half Milk

Snack

Mozzarella String Cheese Orange Wedges

Thursday, April 24

Breakfast

Sausage Biscuit Iuice, Milk

Lunch

Chicken Stew w/Rice Candied Yams Strawberry Cup Milk

Snack

Mickey Goldfish Milk

Friday, April 25

Breakfast

Cereal Juice, Milk

Lunch

Cheese Pizza Garden Salad Orange Wedges Milk

Snack

Animal Crackers Fruit Cup (Pear)

Monday, April 28

Breakfast

Waffle Juice, Milk

Lunch

Popcorn Chicken Mashed Potatoes Cinnamon Apples Milk

Snack

Trix Cereal Bar Milk

Tuesday, April 29

Breakfast

French Toast Sticks Juice, Milk

Lunch

Fish Nuggets Macaroni & Cheese Green Beans, Pears Halves Milk

<u>Snack</u>

Yogurt Tiger Bites Graham Crackers

Wednesday, April 30

Breakfast

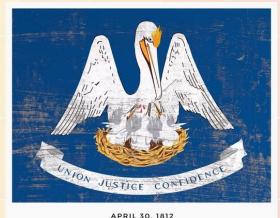
Breakfast Pizza Juice, Milk

Lunch

Chili, Cheese, Crackers Garden Salad Banana Half Milk

<u>Snack</u>

Rice Krispie Treat Orange Wedges



Happy Birthday Louisiana!