

BLAIRSVILLE & SALTSBURG ELEMENTARY

menus for

APRIL

This institution is an equal opportunity provider. Menus

STATE OF MIND.

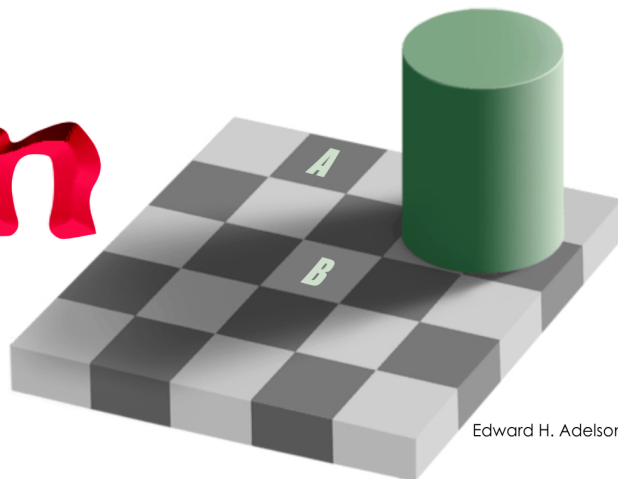
Physical activity isn't just good for your body. Regular exercise has been shown to help guard the mind against depression, too.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Only an Illusion

Do you think the two squares labeled A and B are different shades of gray? Guess what? **They're the same color!** If you're interested, you can see proof and learn more by searching on line for "Checkershadow Illusion - MIT".



Edward H. Adelson

Tuesday, April 1

Breakfast
Mini French Toast Squares
Choice of Fruit & or Fruit Juice Milk Choice

Lunch
Grilled Cheese Sandwich
Juicy Chicken Patty
Creamy Tomato Soup
Fresh Celery Sticks

Wednesday, April 2

Breakfast
Sky B. Coffee Cake
Choice of Fruit & or Fruit Juice Milk Choice

Lunch
Hot Turkey Sandwich
Boneless Wing Boat w Garlic Bread Stick
Fluffy Whipped Potatoes & Gravy
Sliced Beets

Thursday, April 3

Breakfast
Banana Choc Chip Benefit Bar
Choice of Fruit & or Fruit Juice Milk Choice

Lunch
Sloppy Joe on Bun
Wow Butter Jammer w Cheese Stick & Crackers
Tender Green Beans

Friday, April 4

Breakfast
Belgian Mapel Waffle
Choice of Fruit & or Fruit Juice Milk Choice

Lunch
Homestyle Mozzarella Bread Sticks w Side of Marinara Sauce
Crispy Fish Sticks
Garden Salad w Lite Dressing
Seasoned Peas

Monday, April 7

Breakfast
Pumpkin Bread
Choice of Fruit & or Fruit Juice Milk Choice

Lunch
Hot Meatball Hoagie
W Shredded Mozzarella
W.G. Corn Dogs
Golden Kernel Corn
Homemade Baked Beans

Tuesday, April 8

Breakfast
Mini Cini
Choice of Fruit & or Fruit Juice Milk Choice

Lunch
Salsbury Steak w W.G. Dinner Roll
Juicy Chicken Patty
Fluffy Whipped Potatoes & Gravy
Fresh Celery Sticks

Wednesday, April 9

Breakfast
Super Bakery Cinnamon Roll
Choice of Fruit & or Fruit Juice Milk Choice

Lunch
Beef & Cheese Nachos Grande
Salsa & Sour Cream
W.G. Dinner Roll
Boneless Wing Boat w Garlic Bread Stick
Refried Beans
Whole Baby Peeled

Thursday, April 10

Breakfast
Apple Frudel
Choice of Fruit or Fruit Juice & Milk Choice

Lunch
Italian Combo Platter
W Garlic Bread Stick
Wow Butter Jammer w Cheese Stick & Crackers
Tender Green Beans
Fresh Broccoli Florets

Friday, April 11

Breakfast
Super Bakery Powdered Minis
Choice of Fruit & or Fruit Juice Milk Choice

Lunch
Stuffed Crust Pizza W or W out Pepperoni
Crispy Fish Sticks
Seasoned Peas
Cucumber & Grape Tomato

NUTRITION TO GO

As a rule, Americans don't eat enough beans! Beans are the best plant source of protein and contain little of the fat and cholesterol that accompany the protein in meat. Beans also provide more fiber than almost any other plant food and nearly as much calcium as milk. Plus, beans' slow release of glucose makes them a superfood for people with diabetes.

A QUICK BITE FOR PARENTS

*ASSORTED CEREAL, WHOLE GRAIN CRACKERS & FRUIT CHOICE AVAILABLE DAILY AS A BREAKFAST ALTERNATE *

Monday, April 14

Breakfast
Super Bakery
Blueberry Munchkins
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Chicken Nuggets w
Dipping Sauce
W.G. Corn Dog
Oven Fries
Three Bean Salad

Tuesday, April 15

Breakfast
W.G. Crackers &
Cheese Stick
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
French Toast Slices w
Warm Syrup & Ember
Farms Sausage Link
Juicy Chicken Patty
Baked Hash Browns
Baby Whole Peeled
Carrots

Wednesday, April 16

Breakfast
Cinnamon Dunkin Stix
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Rotini W Meat Sauce
& Garlic Bread Stick
Boneless Wing Boat
w Garlic Bread Stick
Garden Salad w Lite
Dressing
Fresh Broccoli Florets

Thursday, April 17



Friday, April 18



Monday, April 21



Tuesday, April 22

Breakfast
Vanilla Yogurt & Granola
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Chicken Cheese
Quesadilla
Juicy Chicken Patty
Garden Salad w Lite
Dressing
Fresh Broccoli Florets

Wednesday, April 23

Breakfast
Orange Dream Mini Loaf
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Walking Taco w Cheese
Lettuce Salsa Sour
Cream w W.G.
Dinner Roll
Boneless Wing Boat
w Garlic Bread Stick
Refried Beans
Fresh Celery Sticks

Thursday, April 24

Breakfast
Crumbles & Cream
Benefit Bar
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Popcorn Chicken
Mashed Potato Cheese
& Gravy Bowl W.G.
Dinner Roll
Wow Butter Jammer w
Cheese Stick & Crackers
Golden Kernel Corn
Sliced Beets

Friday, April 25

Breakfast
Cream Cheese
Bagel Stick
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
French Bread Pizza
Crispy Fish Sticks
Garden Salad w Lite
Dressing
Fresh Cole Slaw

Monday, April 28

Breakfast
Cocoa Bread Slice
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Bacon Cheese Burger
W.G. Corn Dog
Homemade Baked
Beans
Three Bean Salad

Tuesday, April 29

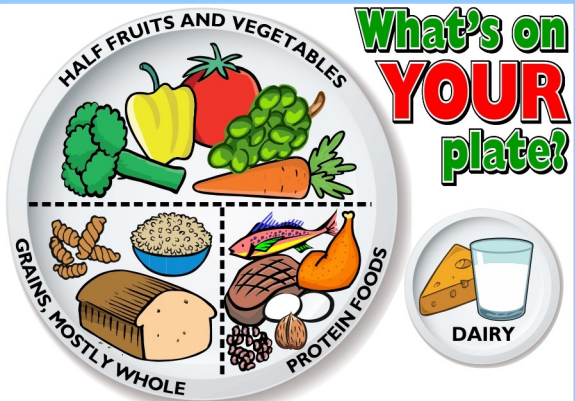
Breakfast
W.G. Cherry Muffin
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch
Cheese Ravioli w
Meat & or Marinara
Juicy Chicken Patty
Garden Salad Lite
Dressing
Fresh Broccoli Florets

Wednesday, April 30

Breakfast
Vanilla Yogurt w Granola
Choice of Fruit & or Fruit
Juice Milk Choice

Wellness Wednesday
Lunch
Cheese Steak Hoagie
w Lettuce
Boneless Wing Boat
w Garlic Bread Stick
Garden Salad Lite
Dressing
Fresh Celery Sticks
WELLNESS FRUIT TRAY



WHAT AM I?
I have a head but cannot think.
I have eyes but cannot see.
I have ears but cannot hear.
I have ribs but no bones.



Answer: I'm a VEGETABLE GARDEN, planted with lettuce (heads), potatoes (eyes), corn (ears), and celery (ribs). YUMMY!
Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

OUR NATION'S HISTORY

The first Earth Day took place 55 years ago this month on April 22, 1970. Wisconsin Senator Gaylord Nelson, a Democrat, and California Congressman Pete McCloskey, a Republican, co-chaired events at schools, colleges, and parks across the U.S. that drew 20 million Americans outside on a Spring day to make a commitment to care for the environment. Earth Day is now celebrated in nearly 200 nations around the world.

Earth Day April 22

Keep it clean

WITH LIBERTY & JUSTICE FOR ALL

*ASSORTED CEREAL, WHOLE GRAIN CRACKERS & FRUIT CHOICE AVAILABLE DAILY AS A BREAKFAST ALTERNATE *