

NOTES

A program meal must include foods from at least 3 food groups. One item must be a ½ of vegetables or either ½ cup of fresh fruit or 100% fruit juice to follow USDA guidelines for the NSLP

Wellness Tip of the Month:

Earth Day's "Birthday" is 4/22/1970. More than 192 Countries celebrate Earth Day. Earth is home to 300,000 plant species and 10 million animal species. Earth is made up of 70% water but only a small fraction is drinkable!

Celebrate Earth Day with a free cup of DIRT PUDDING with every lunch on 4/22

		WEDNESDAY		THURSDAY		FRIDAY	
		1 Apple Frudel Cheerios Cereal Fresh Fruit Or 100% Juice Choice of Milk		2 SCHOOL IS CLOSED		3 SCHOOL IS CLOSED	
6 SCHOOL IS CLOSED		7 Strawberry Mini Bagels Chocolate Oatmeal Bar Fresh Fruit Or 100% Juice Choice of Milk		8 Chocolate Swirl Strawberry Pop-tart Fresh Fruit Or 100% Juice Choice of Milk		9 Warm Cinnamon Toast Crunch Bar Fresh Fruit Or 100% Juice Choice of Milk	
10 SCHOOL IS CLOSED		11 Strawberry Mini Bagels Chocolate Oatmeal Bar Fresh Fruit Or 100% Juice Choice of Milk		12 Chocolate Swirl Strawberry Pop-tart Fresh Fruit Or 100% Juice Choice of Milk		13 Vanilla Yogurt W Goldfish Fresh Fruit Or 100% Juice Choice of Milk	
13 Blueberry Pancakes Cocoa Puffs Bar Fresh Fruit Or 100% Juice Choice of Milk		14 Snackin' Waffles Chex Cereal Fresh Fruit Or 100% Juice Choice of Milk		15 Mini Cinni Strawberry Pop-tart Fresh Fruit Or 100% Juice Choice of Milk		16 Mini Trix French Toast Fruit Loops Cereal Fresh Fruit Or 100% Juice Choice of Milk	
17 SCHOOL IS CLOSED		18 Strawberry Mini Bagels Chocolate Oatmeal Bar Fresh Fruit Or 100% Juice Choice of Milk		19 Chocolate Swirl Strawberry Pop-tart Fresh Fruit Or 100% Juice Choice of Milk		20 Lemon Bread Chocolate Pop-tart Fresh Fruit Or 100% Juice Choice of Milk	
20 Warm Cinnamon Toast Crunch Bar Cocoa Puffs Fresh Fruit Or 100% Juice Choice of Milk		21 Confetti Pancakes Frosted Fudge Pop-tart Fresh Fruit Or 100% Juice Choice of Milk		22 Apple Smoothie w Goldfish Chex Cereal Fresh Fruit Or 100% Juice Choice of Milk		23 Grape Frudel Trix Cereal Bar Fresh Fruit Or 100% Juice Choice of Milk	
24 SCHOOL IS CLOSED		25 Strawberry Mini Bagels Chocolate Oatmeal Bar Fresh Fruit Or 100% Juice Choice of Milk		26 Chocolate Swirl Strawberry Pop-tart Fresh Fruit Or 100% Juice Choice of Milk		27 Pumpkin Bread Choco Chip Oatmeal Bar Fresh Fruit Or 100% Juice Choice of Milk	
27 Banana Chocolate Oatmeal Bar Froot Loops Fresh Fruit Or 100% Juice Choice of Milk		28 French Toast Sticks Trix Cereal Fresh Fruit Or 100% Juice Choice of Milk		29 Mini Cinni Strawberry Poptart Fresh Fruit Or 100% Juice Choice of Milk		30 Bagel w Strawberry Cream cheese Chocolate Pop tart Fresh Fruit Or 100% Juice Choice of Milk	