

Breakfast Menus for April 2021

Families Making the Connection

Focus on Whole Fruit

Fruit is fun! There are many delicious colorful fruits to choose from. Think apples, cherries, grapes, peaches, pears, melons, blueberries and more! Fresh, frozen, canned, dried or 100% juice—it's your choice. But, try to choose whole fruit over juice. Whole fruits have fewer calories and lots of fiber. School meals offer a variety of fruit choices each day.

Fruits are a smart choice because they provide energy, vitamins, minerals and fiber. Eating a variety of colorful fruits can help with weight management and lowers the risk of heart disease, type 2 diabetes and cancer. Try these tips to help your family enjoy more fruit:

- Start your day with fruit at breakfast. Top cereal with your favorite seasonal fruit, add berries or chopped apples to pancakes, or mix a spoonful or two of raisins into hot oatmeal.
- Keep washed, ready-to-eat fruit in the fridge to add to meals or snacks.
- For dinner, chop up a combination of seasonal, frozen, or canned fruits to make a quick fruit salsa to top fish or chicken. Add fruit such as apple wedges, berries or grapes to a salad.

My Plate, <https://www.myplate.gov>, offers more tips and resources.

| Monday, March 29 | Tuesday, March 30 | Wednesday, March 31 | Thursday, April 1 | Friday, April 2 |
|---|---|---------------------|--|---|
| Whole Grain Cereal Orange Oranges | Whole Grain Bagels Cream Cheese Banana | NO SCHOOL | French Toast Turkey Bacon Mango | Pancakes Scrambled Eggs Apples |
| Monday, April 5 | Tuesday, April 6 | Wednesday, April 7 | Thursday, April 8 | Friday, April 9 |
| Whole Grain Cereal Strawberries | Whole Grain Waffles Turkey Breakfast Sausage Orange | NO SCHOOL | Whole Grain Bagels Cream Cheese Apple | Home Potatoes with Onions Eggs Pineapple |
| Monday, April 12 | Tuesday, April 13 | Wednesday, April 14 | Thursday, April 15 | Friday, April 16 |
| Whole Grain Cereal Apples | Pancakes Turkey Bacon Pears | NO SCHOOL | Whole Grain Banana Muffin Cantaloupe | French Toast Turkey Breakfast Sausage Orange |
| Monday, April 19 | Tuesday, April 20 | Wednesday, April 21 | Thursday, April 22 | Friday, April 23 |
| Whole Grain Cereal Strawberries | Whole Grain Bagels Cream Cheese Orange | NO SCHOOL | Whole Grain Waffle Turkey Bacon Apple | Whole Grain Croissants Jelly Fruit Salad |
| Monday, April 26 | Tuesday, April 27 | Wednesday, April 28 | Thursday, April 29 | Friday, April 30 |
| Whole Grain Cereal Oranges | Whole Grain French Toast Turkey Breakfast Sausage Apple | NO SCHOOL | English Muffin Turkey Ham American Cheese Pineapple | Whole Grain Pancake Scrambled Eggs Mango |

- All meals served with appropriate condiments and 1% milk or fat free milk.
- Daily fruit offered might change depending on availability.
- Menu subject to change.

This institution is an equal opportunity provider.

Lunch Menus for April 2021

Families Making the Connection

Focus on Whole Fruit

Fruit is fun! There are many delicious colorful fruits to choose from. Think apples, cherries, grapes, peaches, pears, melons, blueberries and more! Fresh, frozen, canned, dried or 100% juice—it's your choice. But, try to choose whole fruit over juice. Whole fruits have fewer calories and lots of fiber. School meals offer a variety of fruit choices each day.

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| Monday, March 29 | Tuesday, March 30 | Wednesday, March 31 | Thursday, April 1 | Friday, April 2 |
|---|--|---------------------|--|---|
| Cheeseburger on Whole Grain Bun Oven Fried Potatoes Ketchup Mayonnaise Strawberries | Chicken Nuggets Whole Grain Roll Black Beans Ketchup Apple | NO SCHOOL | Macaroni & Cheese Broccoli & Carrots Fruit Salad | Fish Sandwich on Whole Grain Bun Green Beans Tartar Sauce Mango |
| Monday, April 5 | Tuesday, April 6 | Wednesday, April 7 | Thursday, April 8 | Friday, April 9 |
| Chicken Patty Sandwich Baked Beans Ketchup Orange | Spanish Rice and Chicken Carrots Apple | NO SCHOOL | Chicken Alfredo Pasta Broccoli Ranch Dressing Mango | Meatloaf Whole Grain Dinner Roll Gravy Mashed Potatoes Green Beans Pears |
| Monday, April 12 | Tuesday, April 13 | Wednesday, April 14 | Thursday, April 15 | Friday, April 16 |
| Turkey Hot Dog Hot Dog Roll Baked Beans Orange | Spaghetti & Meatballs Broccoli Apples | NO SCHOOL | Turkey Pepperoni Pizza Zucchini Pear | Chicken Drumstick Whole Grain Roll Corn & Carrots Fruit Salad |
| Monday, April 19 | Tuesday, April 20 | Wednesday, April 21 | Thursday, April 22 | Friday, April 23 |
| Chicken Nuggets Whole Grain Roll Corn Apple | Salisbury Steak with Marinara Sauce Rice Pinto Beans Banana | NO SCHOOL | Chicken Parmesan Whole Grain Roll Green Salad (Romaine Lettuce, Cucumber, Tomato and Carrot Salad) Orange | Macaroni and Cheese with Chicken Broccoli Cantaloupe |
| Monday, April 26 | Tuesday, April 27 | Wednesday, April 28 | Thursday, April 29 | Friday, April 30 |
| Cheeseburger Oven Baked Potatoes Apple | Turkey Sausage Jambalaya Green Beans and Carrots Banana | NO SCHOOL | Ground Beef Macaroni Broccoli Oranges | Chicken Patty Sandwich Baked Beans Fruit Salad |

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