

Menus for April 2017

Families Making the Connection

Every Kid Healthy

Every Kid Healthy™ Week is an annual observance designed to celebrate schools' wellness achievements. Observed the last week of April each year, this special week shines a spotlight on the obesity epidemic affecting our children and provides an opportunity for everyone in the country to get involved in its solutions: sound nutrition, regular physical activity and health-promoting school programs.

To celebrate Every Kid Healthy Week, schools can implement wellness initiatives to promote and reinforce healthy eating, nutrition education, and physical education and activity in order to increase student achievement.

- Host a healthy taste test with fruits, vegetables, whole grains or lowfat dairy.
- Ask the physical education teacher or a local gym to provide a Zumba or yoga class for students, school staff and their families.
- Host a recreational field day for students and invite families to participate.
- Challenge students, staff and their families to participate in a school walk-a-thon.

Get involved:

- Join us in the cafeteria, in the classroom and on the playground during Every Kid Healthy Week to help schools celebrate healthy school environments.
- Take the Every Kid Healthy pledge. Join the movement to end childhood obesity.
- Find more info and how you can help at www.actionforhealthykids.org.

Monday, April 3	Tuesday, April 4	Wednesday, April 5	Thursday, April 6	Friday, April 7
School Closed Spring Break	School Closed Spring Break	School Closed Spring Break	School Closed Spring Break	School Closed Spring Break
Monday, April 10	Tuesday, April 11	Wednesday, April 12	Thursday, April 13	Friday, April 14
Cinnamon Toast Crunch Graham Cracker Applesauce Fruit Cup Orange Juice Milk	Graham Cracker Bears Peach Fruit Cup Apple Juice Milk	Mini Pancakes Pineapple Fruit Cup Grape Juice Milk	Cinnamon Pop Tarts Pear Fruit Cup Orange Juice Milk	Fruit Flavor Cheerios Graham Cracker Tropical Fruit Cup Apple Juice Milk
Cheese Pizza Ginger Glazed Carrots Assorted Fresh Fruit	Hamburger Mixed Vegetables Assorted Fresh Fruit Milk	Baked Chicken Nuggets Garlic Sautéed Spinach Assorted Fresh Fruit Milk	Grilled Honey BBQ Rib Hoagie Buttered Corn Assorted Fresh Fruit Milk	Hot Dog w/Chili Baked Beans Assorted Fresh Fruit Milk
Monday, April 24	Tuesday, April 25	Wednesday, April 26	Thursday, April 27	Friday, April 28
Lucky Charms Graham Cracker Applesauce Fruit Cup Orange Juice Milk	Strawberry Pop Tarts Peach Fruit Cup Apple Juice Milk	French Toast Sticks Pineapple Fruit Cup Grape Juice Milk	Graham Cracker Bears Pear Fruit Cup Orange Juice Milk	Cocoa Puffs Graham Cracker Tropical Fruit Cup Apple Juice Milk
Cheese Pizza Homemade Baked Beans Assorted Fresh Fruit Milk	Salisbury Steak w/Brown Gravy WG Baked Roll Green Beans Assorted Fresh Fruit Milk	Creamy Mac-N-Cheese WG Roll Steamed Broccoli Assorted Fresh Fruit Milk	Chicken Quesadilla w/Salsa Vegetarian Refried Beans Assorted Fresh Fruit Milk	Hog Dog w/Chili Baked Seasoned Fries Assorted Fresh Fruit Milk



- Global Child Nutrition Month
- National Garden Month
- Earth Day (April 22)