

# April

Yes Prep



HAVE FUN COLOR ME!

EAT SCHOOL LUNCHES!

FRIDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

<p><b>4</b> Sloppy Joe on a bun Southern Cole slaw Fresh fruit Milk</p>	<p><b>5</b> Chicken nuggets Ketchup Mashed Potato Fresh garden salad Fruit Milk</p>	<p><b>6</b> Golden Honey Dip Corn dogs Carrot Sticks Ranch Dressing Fruit Milk</p>	<p><b>7</b> Ground Turkey Taco Wheat Flour tortilla Refried Beans Lettuce/ Cheese Fruit</p>	<p><b>1</b> Pizzeria Friday Pepperoni Sausage Garden Salad Fresh Fruit Milk</p>
<p><b>11</b> Turkey franks Hot dogs Sliced carrots Shredded cheese Fresh fruit Milk</p>	<p><b>12</b> Beef Tostadas Shredded Lettuce Cheese Red Beans Fruit Milk</p>	<p><b>13</b> Chic-A- Mania Chicken Pattie W/ cheese On Bun Celery sticks Fresh fruit Milk</p>	<p><b>14</b> Beef and cheese Spanish rice casserole Sweet Peas Wheat bread Fruit Milk</p>	<p><b>8</b> Grilled chicken salad Fresh fruit Ranch, Italian dressing Saltine crackers Milk</p>
<p><b>18</b> Beef and bean Cheesy Burrito Zesty Corn Fresh Fruit Milk</p>	<p><b>19</b> Ham and cheese macaroni casserole Sweet peas Wheat bread Assorted fruit Milk</p>	<p><b>20</b> BBQ chopped beef on a bun Southern Cole slaw Fresh fruit Milk</p>	<p><b>21</b> Italian Meatball subs in marinara sauce Broccoli salad Assorted fruit Milk</p>	<p><b>15</b> Pizzeria Friday Pepperoni Sausage Garden Salad Fresh Fruit Milk</p>
<p><b>25</b> Cheeseburger on a bun Sliced pickles Vegetarian Beans Ketchup, mayo Fruit Milk</p>	<p><b>26</b> Ground Turkey Taco Wheat Flour tortilla Refried Beans Lettuce/ Cheese</p>	<p><b>27</b> Golden Honey Dip Corn dogs Carrot Sticks Ranch Dressing Fruit Milk</p>	<p><b>28</b> Spaghetti W/ Meat sauce Seasoned Green beans Wheat Bread Assorted fruit Milk</p>	<p><b>22</b> Good Friday</p> <p><b>29</b> Pizzeria Friday Pepperoni Sausage Garden Salad Fresh Fruit Milk</p>



# What does VITAMIN C bring me?



## How Do You Make a Lemon Float?

The answer: Put it on a ship! Did you know that oranges, lemons and other citrus fruits have a proud place in sailing history? It's true. A few centuries ago, sailors on long voyages often became ill with a disease called scurvy.

While scurvy is rare today, it used to be a big problem. Because sailors on ships weren't eating enough citrus fruits rich in Vitamin C, they became very weak and even lost their teeth! Once ships started carrying citrus fruits for their passengers and crew, scurvy wasn't a problem anymore. So now you know why it's important to get plenty of healthy Vitamin C every day!



## Mixed-Up Meals

Rearrange the letters on these mixed up words to reveal some favorite fruits.

- NABANA
- CHEAP
- GENARO
- MONLE
- GOMAN

### Fruit Fact

While it doesn't look like it, a pineapple is a member of the berry family just like strawberries, blueberries and raspberries. Now that's "berry" interesting!

## OUR CAFETERIA BRINGS IT!

Your text here.

(Answers: Banana, Peach, Orange, Lemon, Mango)



Food and Nutrition Division  
3E'S OF HEALTHY LIVING  
Education, Exercise and Eating Right

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at [www.mypyramid.gov](http://www.mypyramid.gov).

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