

Nutrition Across the Curriculum

April 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				1 No School	2 No School	3
4	5 No School	6 Chicken Nugget French Fries Peas Juice	7 Sty Fry Pineapple	8 Breakfast Pita Hash Brown Berries	9 Pizza Melt Veggie Fruit	10
11	12 Pasta w/Marinara Green Beans Peaches	13 Paprikash Cream corn Baked Apples	14 Cheesy Rice Carrots Pears	15 Chef Salad Roll Banana	16 Peperoni Pizza Fruit Veggie	17
18	19 French Toast Sticks Sausage Potatoes Apple	20 Beef Stroganoff Cauliflower Applesauce	21 Spinach Salad Mandarin Oranges	22 Cheeseburger Potato Wedge Oranges	23 Cheese Pizza Fruit Veggie	24
25	26 Potato Soup Carrots Peaches	27 Spanish Rice Corn Pineapple	28 Tuna Noodle Peas Apricots	29 Hotdog Tatar Tots Celery Tropical Fruit	30 Pepperoni Pizza Veggie Fruit	31

Healthy Snack – Fruit Smoothie 1c vanilla yogurt, 1c frozen Strawberries, 1 frozen banana, and ¼c orange juice blended until smooth