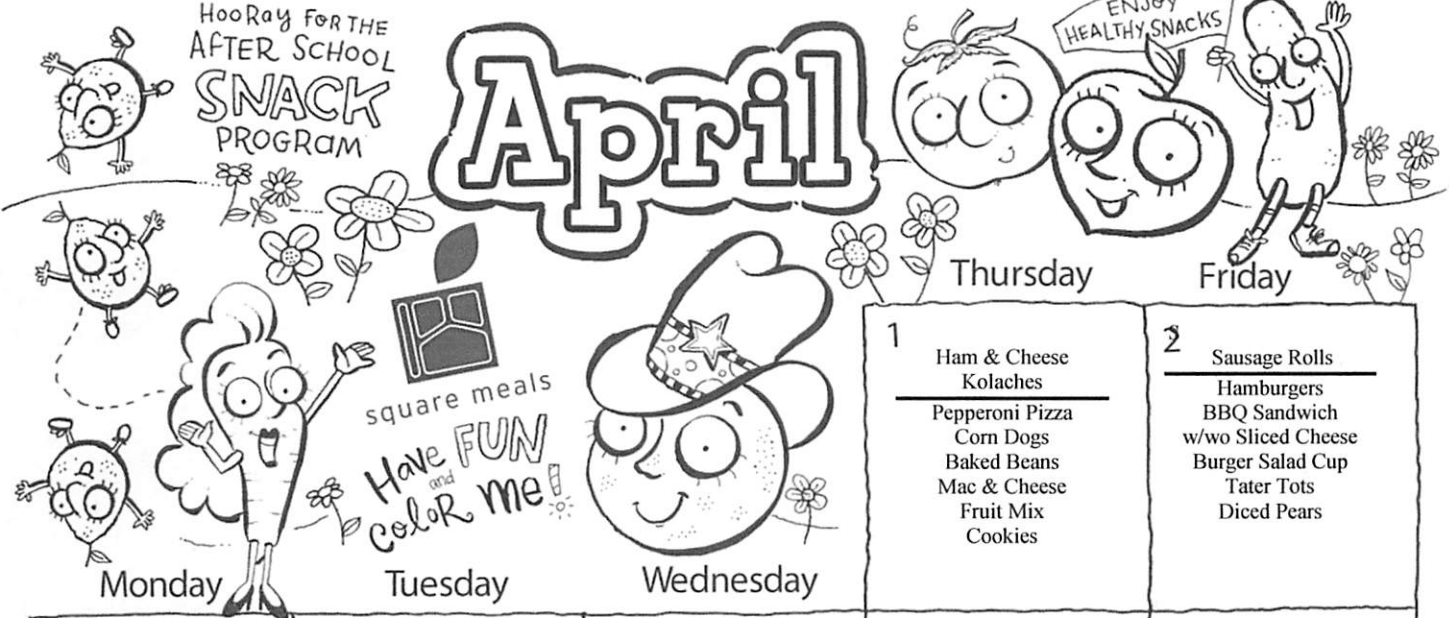


Hooray For THE
AFTER SCHOOL
SNACK
PROGRAM

April

ENJOY
HEALTHY SNACKS



Thursday

Friday

square meals

Have FUN
and
color me!

Monday

Tuesday

Wednesday

<p>5</p> <p><u>Honey Buns</u></p> <p>Pepperoni Pizza Spaghetti w/Meat Sauce Tossed Salad w/Ranch Dressing MaxStix Pineapple Tidbits</p>	<p>6</p> <p><u>Egg, Cheese, & Sausage Pockets</u></p> <p>Ravioli Tater Tot Casserole Green Beans Bread Diced Peaches Cookies</p>	<p>7</p> <p><u>Breakfast Pizza</u></p> <p>Chicken Rings Steak Fingers Mashed Potatoes w/wo Gravy Sweet Peas Rolls Applesauce</p>	<p>1</p> <p><u>Ham & Cheese Kolaches</u></p> <p>Pepperoni Pizza Corn Dogs Baked Beans Mac & Cheese Fruit Mix Cookies</p>	<p>2</p> <p><u>Sausage Rolls</u></p> <p>Hamburgers BBQ Sandwich w/wo Sliced Cheese Burger Salad Cup Tater Tots Diced Pears</p>
<p>12</p> <p><u>Pancakes</u></p> <p>Pepperoni Pizza Soft Tacos Tossed Salad w/wo Ranch Dressing Pinto Beans Pineapple Tidbits</p>	<p>13</p> <p><u>Breakfast Bagels</u></p> <p>Grilled Cheese Sandwich Chicken Noodle Soup Mixed Vegetables Crackers Diced Peaches Cookies</p>	<p>14</p> <p><u>Pocket Cheese Pizzas</u></p> <p>Popcorn Chicken Chicken Fried Steak Mashed Potatoes w/wo Gravy Broccoli & Cheese Rolls Applesauce</p>	<p>8</p> <p><u>Sausage & Biscuit</u></p> <p>Pepperoni Pizza Beef & Bean Burritos Tossed Salad w/Ranch Dressing Corn Fruit Mix Cookies</p>	<p>9</p> <p><u>Pancake Sausage On a Stick</u></p> <p>Hamburgers BBQ Sandwich w/wo Sliced Cheese Burger Salad Cup Oven Roasted Fries Diced Pears</p>
<p>19</p> <p><u>Honey Buns</u></p> <p>Pepperoni Pizza Teriyaki Chicken Dippers Tossed Salad w/Ranch Dressing Corn Bread Pineapple Tidbits</p>	<p>20</p> <p><u>Egg, Cheese & Sausage Pockets</u></p> <p>Hot Dogs Ham Sandwiches w/wo Sliced Cheese Lettuce & Tomato Cup Baked BBQ Chips Diced Peaches Cookies</p>	<p>21</p> <p><u>Breakfast Pizza</u></p> <p>Chicken Rings Salisbury Steak Mashed Potatoes w/wo Gravy Sweet Peas Rolls Applesauce</p>	<p>22</p> <p><u>Sausage & Biscuit</u></p> <p>Pepperoni Pizza Beef & Cheese Nachos Pinto Beans Fruit Mix Cookies</p>	<p>23</p> <p><u>Pancake Sausage On a Stick</u></p> <p>Hamburgers BBQ Sandwich w/wo Sliced Cheese Burger Salad Cup Oven Roasted Fries Diced Pears</p>
<p>26</p> <p><u>Pancakes</u></p> <p>Pepperoni Pizza Crunchy Beef Tacos Tossed Salad w/wo Ranch Dressing Refried Beans Pineapple Tidbits</p>	<p>27</p> <p><u>Sausage Rolls</u></p> <p>Chili Dino Nuggets Roasted Potatoes Vegetable Sticks Crackers Diced Peaches Cookies</p>	<p>28</p> <p><u>Ham & Cheese Kolaches</u></p> <p>Fish Popcorn Chicken Mashed Potatoes w/wo Gravy Peas & Carrots Rolls Applesauce</p>	<p>29</p> <p><u>Pocket Cheese Pizza</u></p> <p>Pepperoni Pizza Corn Dogs Baked Beans Mac & Cheese Fruit Mix Cookies</p>	<p>30</p> <p><u>Breakfast Bagels</u></p> <p>Hamburgers BBQ Sandwich w/wo Sliced Cheese Burger Salad Cup Tater Tots Diced Pears</p>

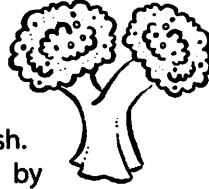


Mix it Up for Better Health.

Did you know that people who eat a wide variety of foods are healthier? This is because different foods contain different amounts and combinations of what's good for you. To keep your meals healthy at school and at home, choose a variety of foods. That way you'll never get bored!

Live La Vida Local!

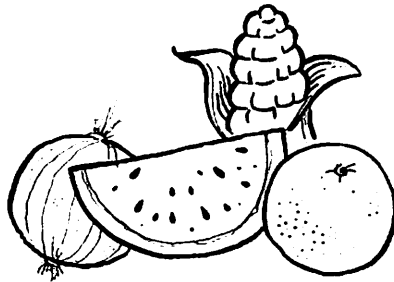
Fruits and vegetables from right here in Texas taste delicious because they're so fresh. Celebrate Texas Fruit and Vegetable Month by munching on the best the state — and the season — has to offer. This month you'll find broccoli, celer y, cucumbers, peaches, oranges and potatoes that are ripe and ready to eat. Maybe they're grown at a farm right down the road from you!



Texas Produce Word Find

Circle the nine Texas-grown fruits and vegetables hidden in the puzzle. The words can be horizontal, vertical or diagonal — frontward or backward!

Y	H	C	A	N	I	P	S	D	Y	M
O	E	N	R	I	L	S	A	W	B	Q
R	W	A	T	E	R	M	E	L	O	N
A	U	X	P	E	K	P	P	H	N	V
N	P	U	M	P	K	I	N	X	I	X
G	X	I	Z	G	L	R	N	R	O	C
E	L	C	M	X	J	E	I	T	N	X



watermelon, spinach, peas, onion, pumpkin, apple, lime, corn, orange

Check Out the CAFETERIA BUZZ



Breakfast: (PK-12) Cereal, Toast & variety of Juice & Milk offered daily
Lunch: (PK-5) Variety of Milk & Fresh Fruit offered daily
Lunch: (6-12) Baked Potatoes & variety of Salads, Fresh Fruit & Milk offered daily

Menus meet recommended dietary guidelines and may change due to product availability, customer satisfaction or other significant market changes.

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at www.mypyramid.gov.
Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service.
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Crunch & Munch



Healthy Foods are Friends for Life

Hey Munch, how did the farmer fix the hole in his jeans?

I don't know.

With a cabbage patch!



Ha! Hey, did you know that April is Physical Wellness Month? I'm celebrating by being more physically active every day.

That's great, Munch!

Kids who exercise daily are less likely to be overweight. They also have more self-confidence.

Cool! Talking about exercise reminds me of a joke. If a tomato and a cabbage ran a race, which one would win?

I give up.

The cabbage, because it's a head.

