

Menus for April 2017

All Saints Catholic School



Featuring Healthy Fruits & Grains!

This institution is an equal opportunity provider. Menus are subject to change.

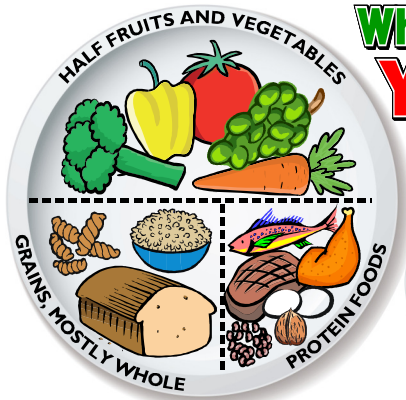


Since April 1 falls on a weekend this year, Congress passed a law declaring that "all pranks, practical jokes, tricks, and

other April Fool's mischief shall, by law, be perpetrated on Monday, April 3 instead." Please plan accordingly. (And, oh yeah, April Fool's.)

Start Your Day The Healthy Way
Join us for BREAKFAST!
 Served Daily 7:00 - 7:30 am

Available Daily for Lunch
 Yogurt or PB & J Sandwich served with string cheese and a whole grain product
Don't Forget Your Veggie, Fruit & Milk!!



What's on YOUR plate?



Monday, April 3

Lunch

Bosco Cheese-stuffed Breadstick with sauce

Choose At Least One

Baby Carrots with dip
 Steamed Green Beans
 Diced Pears
 Raisins

Tuesday, April 4

Lunch

Lasagna Roll-Up with a breadstick

Choose At Least One

Cucumber Slices with dip
 Sweet Corn
 Juicy Orange
 Raisins

Wednesday, April 5

Lunch

JJ's Pizza

Choose At Least One

Celery Sticks with PB or dip
 Steamed California Blend Fre
 Fresh Pear
 Raisins

Thursday, April 6

Lunch

Soft Shell Tacos
 Mexican Rice

Choose At Least One

Lettuce & Diced Tomatoes
 Refried Beans
 Applesauce
 Raisins

Friday, April 7

Lunch

Fish Burger on a WG Bun

Choose At Least One

Tossed Salad
 Sweet Potato Puffs
 Petite Banana
 Raisins



Q: What was the least popular vegetable on the Titanic?

ANSWER: Iceberg lettuce! Actually, iceberg lettuce is also the least nutritious of a very nutritious family of vegetables. Try other kinds of greens in salads and on sandwiches for more flavor and greater nutritional value!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, April 10

Lunch

Cheeseburger on a bun

Choose At Least One

One Broccoli Bites with dip
 Baked Beans
 Chilled Mixed Fruit
 Raisins

Tuesday, April 11

Lunch

Homemade Mac & Cheese

Choose At Least One

Tossed Salad
 Corn-On-The-Cob
 Applesauce
 Raisins

Wednesday, April 12

Lunch

JJ's Pizza

Choose At Least One

Celery Sticks with PB or dip
 Steamed Green Beans
 Fresh Pear
 Raisins

Thursday, April 13

Lunch

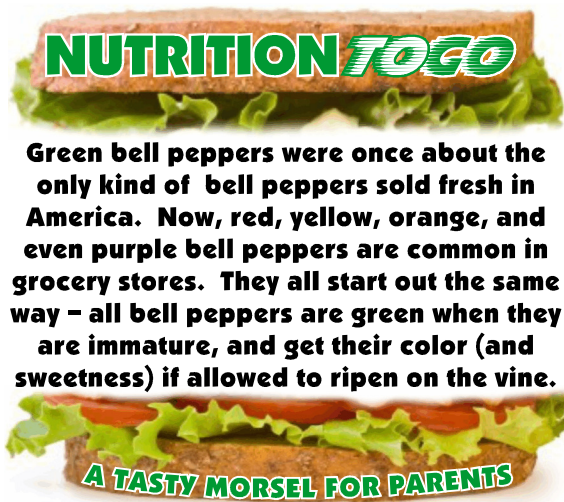
Homemade Pizza Casserole

Choose At Least One

Baby Carrots with dip
 Steamed California Blend
 Chilled Pineapple
 Raisins

Friday, April 14

NO SCHOOL



Green bell peppers were once about the only kind of bell peppers sold fresh in America. Now, red, yellow, orange, and even purple bell peppers are common in grocery stores. They all start out the same way – all bell peppers are green when they are immature, and get their color (and sweetness) if allowed to ripen on the vine.

◆ WONDERS OF THE WORLD ◆

photo: aloha-hawaii.com



◆ HAWAII VOLCANOES NATIONAL PARK ◆

Mauna Loa and Kilauea volcanoes in Hawaii are known for heat – especially for Kilauea’s spectacular lava flows into the Blue Pacific. But Mauna Loa also rises nearly 14,000 feet above its ocean shore, high enough to get some snow every year, and sometimes a lot of snow. Last December, several feet fell on the highest mountains in Hawaii, and just last month in March there was a blizzard warning! This snowboarder is getting some air within sight of the world’s largest astronomical observatory atop Mauna Kea, a dormant volcano and the tallest of the Hawaiian mountains.

★ **OUR NATION'S HISTORY** ★

This is the Dome of the United States Capitol building in Washington, D.C. The part of the building just under the Statue of Freedom near the top is what architects call the “tholos,” and if the light in the Capitol’s tholos is lit at night, that means that one or both of the U.S. Senate and the U.S. House of Representatives are in session. This tradition is believed to have begun in the 1800’s when many members of Congress lived in area houses and they needed to convene when to board and they know.

Library of Congress, Prints and Photographs Division.

★ **WITH LIBERTY & JUSTICE FOR ALL** ★

Monday, April 17

NO SCHOOL

Tuesday, April 18

Lunch
Homemade Spaghetti
Garlic Bread

Choose At Least One
Tossed Salad
Sweet Corn
Applesauce
Raisins

Wednesday, April 19

Lunch
JJ’s Pizza

Choose At Least One
Baby Carrots with dip
Steamed California Blend
Chilled Pears
Raisins

Thursday, April 20

Lunch
Hamburger Gravy
Fresh Baked Roll

Choose At Least One
Broccoli Bites with dip
Mashed Potatoes
Crisp Apple
Raisins

Friday, April 21

Lunch
Pizza Calzone

Choose At Least One
Cucumber Slices with dip
Baked Beans
Juicy Orange
Raisins

Monday, April 24

Lunch
Chicken Nuggets
Biscuit & honey

Choose At Least One
Baby Carrots with dip
Honey Bee Potatoes
Pineapple Tidbits
Raisins

Tuesday, April 25

Lunch
Sloppy Joe
on a bun

Choose At Least One
Celery Sticks with PB
or dip
Baked Beans
Juicy Orange
Raisins

Wednesday, April 26

Lunch
JJ’s Pizza

Choose At Least One
Tossed Salad
Steamed Green Beans
Chilled Pears
Raisins

Thursday, April 27

Lunch
Beef Nachos

Choose At Least One
Broccoli Bites with dip
Steamed California Blend
Petite Banana
Raisins

Friday, April 28

Lunch
Sweet & Sour Chicken
Asian Rice

Choose At Least One
Crunchy Cauliflower &
dip
Steamed Broccoli
Mandarin Orange
Slices