

# Mix it up with the 5 food groups!



April 1 Easter Sunday

April 2 - 6 Spring Break



Tweens and teens should consume a variety of foods from the five major food groups. Each food group supplies important nutrients, including vitamins and minerals.

### These 5 groups and typical servings are:

**Vegetables:** 3-5 servings per day. A serving consists of 1 cup of raw leafy vegetables, 3/4 cup of vegetable juice, or 1/2 cup of other vegetables, chopped, raw or cooked.

**Fruits:** 2-4 servings per day. A serving consists of 1/2 cup of sliced fruit, 3/4 cup of fruit juice, or a medium-size whole fruit, like an apple, banana, or pear.

**Grains:** 6-11 servings per day. A serving consists of 1 slice of bread, 1/2 cup of brown rice or pasta, 1 ounce of cereal, or 3 cups of lightly salted air popped popcorn.

**Protein foods:** 2-3 servings per day. A serving consists of 2 ounces of lean meat, poultry, or fish, 1/2 cup of beans, one egg, or 2 tablespoons of peanut or almond butter.

**Dairy products:** 2-3 servings per day. A serving consists of 1 cup of milk or yogurt, or 1- 1/2 ounces of natural cheese.

### Help Your Children Make Wise Food Choices

\*Provide fruits and vegetables for snacks. Keep these items washed and ready-to-eat, so your children can grab a snack anytime!

\*Take your children to the grocery store. Let them pick out their favorite fresh, frozen or canned fruits and vegetables while at the grocery store. Let them help prepare the item when you get home.

\*Incorporate fruits and vegetables into every meal.

\*Be a role model – eat more fruits and vegetables yourself!

\*Avoid buying processed, high calorie snack foods. Children are less likely to ask for these snacks if they don't see them.

\*Limit the amount of fruit juice your child drinks. Since fruit juice contains a large amount of sugar and very little fiber, encourage them to try frozen, canned or fresh fruit.

LUNCH LINE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAB 'N GO	Clux <sup>®</sup> Chicken Chunks 9 <i>Vegetables (choose many)</i> BLT Chop Salad French Fries, Pinto Beans <i>Fruit (can choose one)</i> Assorted Fruit Cups	<sup>1</sup> Turkey Sub <sup>2</sup> Ham Sub 10 <sup>3</sup> Tuna Salad CHIPS <i>Vegetables (choose many)</i> Fresh Toppings, Carrots w/ dip <i>Fruit (can choose one of each)</i> Fresh Strawberries, Fruit Cup	LINE CLOSED TODAY 11	<sup>1</sup> Deli Chicken Sandwich, L/T/P 12 <sup>2</sup> PBJ Uncrustable <sup>®</sup> <i>Vegetables (choose many)</i> Fresh Garden Salad, Corn <i>Fruit (can choose one of each)</i> Fresh Pear and Fruit Cup	Pizza Crunchers 13 <i>Vegetables (choose many)</i> Steamed Broccoli, Celery Sticks Sweet Red Pepper Strips <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup
FOREIGN FLARE & HOME COOKING	Clux <sup>®</sup> Chicken Chunks <i>Vegetables (choose many)</i> BLT Chop Salad French Fries, Pinto Beans <i>Fruit (can choose one)</i> Assorted Fruit Cups	<sup>1</sup> Turkey Sub <sup>2</sup> Ham Sub OR <sup>3</sup> Tuna Salad CHIPS <i>Vegetables (choose many)</i> Fresh Toppings, Carrots w/ dip <i>Fruit (can choose one of each)</i> Fresh Strawberries, Fruit Cup	<sup>1</sup> Pork BBQ <sup>2</sup> Roasted Chicken School Roll <i>Vegetables (choose many)</i> Green Beans, Mashed Potatoes <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	Homemade Lasagna <i>Vegetables (choose many)</i> Fresh Garden Salad Steamed Corn <i>Fruit (can choose one of each)</i> Fresh Pear and Fruit Cup	Pizza Crunchers <i>Vegetables (choose many)</i> Steamed Broccoli, Celery Sticks Sweet Red Pepper Strips <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup
SOS Salads & Stuff	Salads: Chef or Grilled Chicken with Crackers, Pinto Beans <i>Fruit (can choose one)</i> Assorted Fruit Cups	Salads: Chef or Grilled Chicken with Crackers <i>Fruit (can choose one of each)</i> Fresh Strawberries, Fruit Cup	Salads: Chef or Grilled Chicken with Crackers <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	Salads: Chef or Chicken and Spinach with Crackers <i>Fruit (can choose one of each)</i> Fresh Pear and Fruit Cup	POTATO BAR (Russet & Sweet) with toppings, Pepper Strips <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup

GRAB 'N GO	Chicken Filet on Bun, L/T/P 16 <sup>1</sup> grilled, <sup>2</sup> original, or <sup>3</sup> spicy <i>Vegetables (choose many)</i> Baked Beans, Fries, Onion <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	<sup>1</sup> Ham & Cheese Croissant 17 <sup>2</sup> PBJ <sup>3</sup> SunButter & Jelly Sand. <i>Vegetables (choose many)</i> Tomato Soup, Green Beans <i>Fruit (can choose one of each)</i> Orange Wedges and Fruit Cup	<sup>1</sup> Soft Shell Taco, cheese 18 <sup>2</sup> Chicken Fajita Wrap, cheese <i>Vegetables (choose many)</i> Fresh Toppings, Steamed Corn <i>Fruit (can choose one of each)</i> Fresh Grapes and Fruit Cup	<sup>1</sup> Clubhouse SUB <sup>2</sup> PBJ 19 both offered with chips <i>Vegetables (choose many)</i> Steamed Broccoli, Fresh Carrots <i>Fruit (can choose one of each)</i> Fresh Strawberries and Fruit Cup	Slice of Big Daddy's Pizza 20 <i>Vegetables (choose many)</i> Turnip Greens Fresh Garden Salad <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup
FOREIGN FLARE & HOME COOKING	Chicken Filet on Bun, L/T/P <sup>1</sup> grilled, <sup>2</sup> original, or <sup>3</sup> spicy <i>Vegetables (choose many)</i> Baked Beans, Fries, Onion <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	<sup>1</sup> Ham & Cheese Croissant <sup>2</sup> PBJ <sup>3</sup> SunButter & Jelly Sand. <i>Vegetables (choose many)</i> Tomato Soup, Green Beans <i>Fruit (can choose one of each)</i> Orange Wedges and Fruit Cup	<sup>1</sup> Soft Shell Taco <sup>2</sup> Chicken Fajita Wrap <i>Vegetables (choose many)</i> Fresh Toppings, Steamed Corn <i>Fruit (can choose one of each)</i> Fresh Grapes and Fruit Cup	<sup>1</sup> Mandarin Orange Chicken served over Rice <i>Vegetables (choose many)</i> Steamed Broccoli, Egg Roll <i>Fruit (can choose one of each)</i> Fresh Strawberries and Fruit Cup	Slice of Big Daddy's Pizza <i>Vegetables (choose many)</i> Turnip Greens Fresh Garden Salad <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup
SOS Salads & Stuff	Salads: Chef or Grilled Chicken with Crackers, Baked Beans <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	Salads: Chef or Grilled Chicken with Crackers <i>Fruit (can choose one of each)</i> Orange Wedges and Fruit Cup	Salads: Chef or Grilled Chicken with Crackers <i>Fruit (can choose one of each)</i> Fresh Grapes and Fruit Cup	Salads: Chef or Chicken Spinach with Crackers <i>Fruit (can choose one of each)</i> Fresh Strawberries and Fruit Cup	POTATO BAR (Russet & Sweet) with toppings, Garden Salad <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup

Milk offered with all meals each day at no extra charge.

USDA is an equal opportunity provider and employer.

LUNCH LINE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAB 'N GO	Hot Dog on Bun 23 with Chips <i>Vegetables (choose many)</i> Cole Slaw, Baked Beans <i>Fruit (can choose one of each)</i> Apple Wedges and Fruit Cup	<sup>1</sup> Bosco Sticks 24 <sup>2</sup> Grilled Chicken Sandwich <i>Vegetables (choose many)</i> Steamed Corn, BLT Chop Salad <i>Fruit (can choose one of each)</i> Orange Wedges and Fruit Cup	<sup>1</sup> Manager Planned Sand. 25 with Chips <i>Vegetables (choose many)</i> Steamed Broccoli, Pepper Strips <i>Fruit (can choose one of each)</i> Fresh Pineapple and Fruit Cup	LINE CLOSED TODAY 26	Slice of Big Daddy's Pizza 27 <i>Vegetables (choose many)</i> Sweet Green Peas Baby Carrots, Cucumber Slices <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup
FOREIGN FLARE & HOME COOKING	Hot Dog on Bun with Chips <i>Vegetables (choose many)</i> Cole Slaw, Baked Beans <i>Fruit (can choose one of each)</i> Apple Wedges and Fruit Cup	<sup>1</sup> Bosco Sticks <sup>2</sup> Grilled Chicken Sandwich <i>Vegetables (choose many)</i> Steamed Corn, BLT Chop Salad <i>Fruit (can choose one of each)</i> Orange Wedges and Fruit Cup	<sup>1</sup> Mandarin Orange Chicken, <i>Rice</i> <i>Vegetables (choose many)</i> Steamed Broccoli, Pepper Strips Vegetable Egg Roll <i>Fruit (can choose one of each)</i> Fresh Pineapple and Fruit Cup	<sup>1</sup> Roasted Chicken <sup>2</sup> Sliced Ham School Roll <i>Vegetables (choose many)</i> Green Beans, Mashed Potatoes <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	Slice of Big Daddy's Pizza <i>Vegetables (choose many)</i> Sweet Green Peas Baby Carrots, Cucumber Slices <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup
SOS Salads & Stuff	Salads: Chef or Gr. Chicken with Crackers, Baked Beans <i>Fruit (can choose one of each)</i> Apple Wedges and Fruit Cup	Salads: Chef or Grilled Chicken with Crackers, Baked Beans <i>Fruit (can choose one of each)</i> Orange Wedges and Fruit Cup	Salads: Chef or Grilled Chicken with Crackers <i>Fruit (can choose one of each)</i> Fresh Pineapple and Fruit Cup	Salads with Crackers OR PB&J Uncrustable® with Veggies <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup	POTATO BAR (Russet & Sweet) with toppings, Carrots, Cukes <i>Fruit (can choose one of each)</i> Fresh Fruit and Fruit Cup

GRAB 'N GO, FOREIGN FLARE & HOME COOKING	<sup>1</sup> Popcorn Chicken 30 <sup>2</sup> Bowl of Vegetable Chili Red Roasted Potatoes Steamed Broccoli <i>Fruit (can choose one of each)</i> Orange Wedges and Fruit Cup
SOS Salads & Stuff	Salads: Chef Salad Grilled Chicken both offered with Crackers <i>Fruit (can choose one of each)</i> Orange Wedges and Fruit Cup



# BREAKFAST FAST


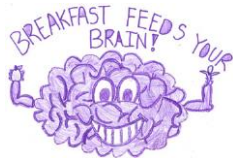
## BREAKFAST AT SCHOOL

- Breakfast is available to everyone every day!
- We offer many different options daily to choose from!
- Breakfast is planned to meet USDA nutrition standards which require whole grains, proper calories for age, low saturated fat content and no trans fats.
- Students are required to pick up a fruit or juice every day with their breakfast.



**EVERY DAY FAVORITES**

- Kellogg's™ Pop-tart® twin-pack
- Yogurt Parfait with Granola topping
- Banana Chocolate Chunk Breakfast Bar
- Breakfast Bun
- BIG Cereal Cup
- Mini Pancakes
- Mini Cinnis

**WEEKLY FAVORITES**

Mondays, Tuesdays, Thursdays & Fridays: Sausage Biscuit or Chicken Biscuit

Wednesdays: Breakfast Pizza or Chicken Biscuit

## Earth Day is April 22

### Earth Day 2018: End Plastic Pollution

From poisoning and injuring marine life to disrupting human hormones, from littering our beaches and landscapes to clogging our waste streams and landfills, the exponential growth of plastics is now threatening the survival of our planet.

In response, Earth Day 2018 is dedicated to providing the information and inspiration needed to fundamentally change human attitude and behavior about plastics.

For more information about Earth Day and how you can help reduce plastic pollution visit [www.earthday.org](http://www.earthday.org)

### WHAT'S INCLUDED IN THE PRICE?

- 1 Favorite Choice (e.g. biscuit, muffin, cereal, yogurt parfait, pizza, pancakes etc.)
- 100% Fruit Juice
- Fresh Fruit
- 8 oz. carton of Milk

