



# APRIL 2024 Lunch Menu



Fresh Fruits & Vegetables served daily at lunch!  
 All bread products are whole grain rich!  
 1% White and Fat Free Chocolate Milk is offered daily at lunch!

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>No School</b>		<b>1</b>	<b>Hot Dog on a Bun, Turkey &amp; Cheese Sub, PBJ</b> Fresh Broccoli, Baby Carrots, Orange Wedges, Diced Pears, Fruit Juice	<b>2</b>	<b>Nacho Cheese Walking Taco, Turkey &amp; Cheese Sub, PBJ</b> Zucchini Slices, Kickin' Pinto Beans, Fresh Pear, Diced Peaches, Fruit Juice	<b>3</b>	<b>Bacon Cheeseburger, Turkey &amp; Cheese Sub, PBJ</b> Celery Sticks, Rainbow Blend Vegetables, Banana, Applesauce, Fruit Juice	<b>4</b>	<b>Pepperoni Pizza, Turkey &amp; Cheese Sub, PBJ</b> Spinach Salad, Baby Carrots, Apricot Halves, Fresh Apple, Fruit Juice
<b>8</b>	<b>Grilled Cheese, Make-Your-Own Pepperoni Flatbread Pizza, PBJ</b> Fresh Broccoli, Mashed Potatoes, Apple Wedges, Fruit Mix, Fruit Juice	<b>9</b>	<b>Spaghetti &amp; Meatballs, Make-Your-Own Pepperoni Flatbread Pizza, PBJ</b> Red Pepper Strips, Green Beans, Orange Wedges, Diced Pears, Fruit Juice	<b>10</b>	<b>Chicken &amp; Vegetable Dumpling w/ Vegetarian Fried Rice, Make-Your-Own Pepperoni Flatbread Pizza, PBJ</b> Edamame, Peas & Carrots, Fresh Pear, Diced Peaches, Fruit Juice	<b>11</b>	<b>French Toast Sticks w/ Sausage Patty, Make-Your-Own Pepperoni Flatbread Pizza, PBJ</b> Celery Sticks, Fresh Broccoli, Banana, Warm Cinnamon Apples, Fruit Juice	<b>12</b>	<b>Cheese Pizza, Make-Your-Own Pepperoni Flatbread Pizza, PBJ</b> Spinach Salad, Baby Carrots, Apricot Halves, Fresh Apple, Fruit Juice
<b>15</b>	<b>Mini Corn Dogs w/ Mac &amp; Cheese, Fresh Apple, Yogurt &amp; Cheese Plate, PBJ</b> Celery Sticks, French Fries, Apple Wedges, Fruit Mix, Fruit Juice	<b>16</b>	<b>Beef Nachos, Fresh Apple, Yogurt &amp; Cheese Plate, PBJ</b> Mexican Style Street Corn, Vegetarian Baked Beans, Orange Wedges, Diced Pears, Fruit Juice	<b>17</b>	<b>Cheeseburger, Fresh Apple, Yogurt &amp; Cheese Plate, PBJ</b> Fresh Broccoli, Red Pepper Strips, Fresh Pear, Diced Peaches, Fruit Juice	<b>18</b>	<b>Chicken Tenders w/ Breadstick, Fresh Apple, Yogurt &amp; Cheese Plate, PBJ</b> Cucumber Slices, Tater Tots, Banana, Applesauce, Fruit Juice	<b>19</b>	<b>Pepperoni Pizza, Fresh Apple, Yogurt &amp; Cheese Plate, PBJ</b> Spinach Salad, Baby Carrots, Fresh Apple, Apricot Halves, Fruit Juice
<b>22</b>	<b>Cheese Quesadilla, Italian Salad, PBJ</b> Black Beans, Tossed Salad, Apple Wedges, Fruit Mix, Fruit Juice	<b>23</b>	<b>Corn Dog, Italian Salad, PBJ</b> Cucumber Slices, Tater Tots, Orange Wedges, Diced Pears, Fruit Juice	<b>24</b>	<b>Pancake Bites w/ Scrambled Eggs, Italian Salad, PBJ</b> Celery Sticks, Baby Carrots, Fresh Pear, Warm Cinnamon Peaches, Fruit Juice	<b>25</b>	<b>Cheese Pizza Sticks, Italian Salad, PBJ</b> Sweet Golden Corn, Edamame, Banana, Applesauce, Fruit Juice	<b>26</b>	<b>Cheese Pizza, Italian Salad, PBJ</b> Spinach Salad, Red Pepper Strips, Apricot Halves, Fresh Apple, Fruit Juice
<b>29</b>	<b>Chicken Nuggets w/ Cheez-Its, Fresh Apple, Yogurt &amp; Cheese Plate, PBJ</b> Baby Carrots, Steamed Broccoli, Fresh Apple, Fruit Mix, Fruit Juice	<b>30</b>	<b>Chicken Patty Sandwich, Pretzel, Yogurt &amp; Cheese Pack, PBJ</b> Fresh Broccoli, Waffle Fries, Orange Wedges, Diced Pears, Fruit Juice	<b>1</b>	<b>Cheese Pizzadilla, Pretzel, Yogurt &amp; Cheese Pack, PBJ</b> Vegetarian Baked Beans, Celery Sticks, Fresh Pear, Diced Peaches, Fruit Juice	<b>2</b>	<b>Waffles w/ Sausage Links, Pretzel, Yogurt &amp; Cheese Pack, PBJ</b> Sweet Golden Corn, Red Pepper Strips, Banana, Applesauce, Fruit Juice	<b>3</b>	<b>Pepperoni Pizza, Pretzel, Yogurt &amp; Cheese Pack, PBJ</b> Tossed Salad, Cucumber Slices, Apricot Halves, Fresh Apple, Fruit Juice

# SWEET TARTS

Apricots are part of the rose (rosaceae) family, which explains why they smell so sweet. These tangy, succulent fruits are nutrient powerhouses—chock full of vitamins A and C, fiber, iron, antioxidants, and calcium. They are also one of the few fruit that possesses nearly all of the minerals necessary for bone growth. These drupes, similar to small peaches with their yellowy orange, sometimes velvety skin, are versatile and often enjoyed fresh, dried, juiced, made into jam, or baked into desserts such as tarts. California, with over 9,000 acres planted, accounts for 95 percent of the nation's total apricot production.



I say  
ape-ricot!

## ACTIVITY: YOU DON'T SAY...

Depending on your geographic location, many words are pronounced differently. Try saying the different pronunciations of the words listed below. Circle the one you regularly use and compare with friends and family.

Apricot
app-ricot
ape-ricot

Lawyer
loyer
law-yer

Bagel
bay-gull
bah-gul

Mayonnaise
may-uh-naze
man-aze

Pecan	
pee-KAHN	PEE-can
pick-AHN	PEE-kahn

Tour
tore
too-er

Crayfish
cray-fish
craw-fish

Caramel
car-ml
carra-mel

Syrup
sear-up
sih-rup
sir-up

Crayon	
cray-ahn	cran
cray-awn	crown

## DID YOU KNOW?

**MY PRECIOUS** Apricot is Latin for “precious”. Many believe they earned this name because they ripen earlier than other summer stone fruits like peaches or cherries.

**FRUITFUL TRAVELS** Apricots are cultivated on every continent except Antarctica.



## ACE'S JOKE OF THE MONTH



**Q. WHAT DID THE FRUIT SAY WHEN IT SAW ITS BRANCH START BENDING?**

SEE ANSWER BELOW