

Menus for April 2011

Altha Elementary School



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Word of the Month

de·pend·a·ble

adj. 1. Worthy of trust; reliable 2. steadfast; responsible; faithful 3. capable of being counted on

Friday, April 1

Breakfast

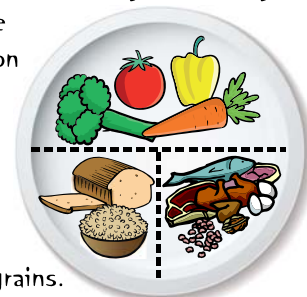
French Toast Sticks w/ Syrup
Sausage Patty OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch

Cheese Pizza
Garden Salad
Fresh Fruit

DIVIDE AND PROSPER.

There's a simple way to make sure you're eating good proportions of the various foods you put on your dinner plate: half should be veggies and fruit, a quarter lean protein, and a quarter starch, which should mostly be from whole grains.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Monday, April 4

Breakfast

Sausage and Gravy
Biscuit OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch

Turkey and Cheese Sub
Baked Potato Wedges
Fruit

Tuesday, April 5

Breakfast

W/W Pancakes w/ Syrup
Linked Sausage OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch

Catfish Fillets
Cheese Grits
Baked Beans
Fruit

Wednesday, April 6

Breakfast

Scrambled Eggs w/ Grits
Sweet Potato Muffin OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch

Chicken BBQ Sandwich
W/K Corn
Fruit

Thursday, April 7

Breakfast

Ham and Cheese Biscuit
Potato Tots OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch

Meat Ball Sub
Vegetable
Fruit

Friday, April 8

Breakfast

French Toast Sticks w/ Syrup
Linked Sausage OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch

Stuffed Crust Pizza
Garden Salad
Fresh Fruit
Home Baked Cookie

Where do all of our
crazy names for
food come
from?

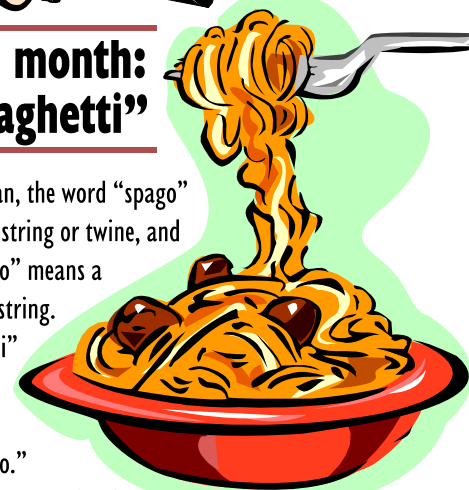


WORDS OF MOUTH

**This month:
"Spaghetti"**

In Italian, the word "spago" means string or twine, and "spaghetto" means a very thin string. "Spaghetti" is the plural of "spaghetto."

Traditionally, spaghetti was 20" long (try wrapping that around your fork!), but in America, 10" is a more typical length. Today, lots of pastas are being made with whole grains. Give these healthier "little strings" a try!



Monday, April 11

Breakfast

Waffles w/ Syrup
Sausage Patty OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch

Corn Dog Nuggets
Mac and Cheese
Vegetable
Fruit

Tuesday, April 12

Breakfast

Scrambled Eggs
Cheese Grits OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch

Beef-a-Roni
Green Beans
W/W Roll
Fruit

Wednesday, April 13

Breakfast

Ham and Cheese Biscuit
Potato Tots OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch

Beef Tacos w/ Cheese
Lettuce and Tomato
Fruit

Thursday, April 14

Breakfast

Cheese Toast
Grits and Ham Cubes OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch

Chicken
Rice w/ Gravy
Buttered Carrots
W/W Roll
Fruit

Friday, April 15

Breakfast

French Toast Sticks w/ Syrup
Linked Sausage OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch

Cheese Pizza
Garden Salad
Fresh Fruit



EXPLORING THE SECRETS OF "MY PYRAMID"

Q: How can I possibly eat FIVE SERVINGS of vegetables every day?!

A: It's true - the Food Guide Pyramid DOES recommend that kids ages 6-11 eat at least 5 servings of veggies every day. That seems like a lot! But a serving of most veggies is just a half cup (a serving of leafy greens is a cup). That's really not very much at all. Don't believe us? Just take a look at the measuring cups in your kitchen drawer! Here are some examples of what counts as a serving of vegetables:

6 or 7 baby carrots



Half of a large ear of corn



Half a dozen red pepper strips



2 leaves of romaine lettuce in a salad or on a burger or sandwich



A handful of broccoli florets

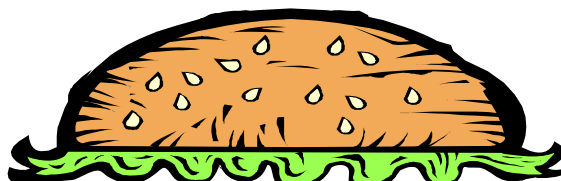


See? It's easy! A few grape tomatoes and carrots, a little salsa, a BLT sandwich, half a baked potato and some green beans with dinner, and you're there already!

LEARN MORE AT WWW.MYPYRAMID.GOV OR WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/

<p>Monday, April 18</p> <p>Breakfast Sausage and Egg Biscuit Potato Tots OR Assorted Cereal and Buttered Toast Assorted Juice</p> <p>Lunch Chicken BBQ Sandwich Baked Potato Wedges Mixed Fruit Cup</p>	<p>Tuesday, April 19</p> <p>Breakfast W/W Pancakes w/ Syrup Linked Sausage OR Assorted Cereal and Buttered Toast Assorted Juice</p> <p>Lunch Baked Ziti Garden Salad Garlic Bread Stick Fruit</p>	<p>Wednesday, April 20</p> <p>Breakfast Ham and Cheese Biscuit Potato Tots OR Assorted Cereal and Buttered Toast Assorted Juice</p> <p>Lunch Oven Fried Chicken Rice w/ Gravy Green Beans Fruit</p>	<p>Thursday, April 21</p> <p>Breakfast Waffle w/ Syrup Sausage Patty OR Assorted Cereal and Buttered Toast Assorted Juice</p> <p>Lunch Chicken Tetrizzini Broccoli/Cauliflower Pololaise W/W Roll Fruit</p>	<p>Friday, April 22</p> <p>Breakfast Sausage Gravy Biscuit OR Assorted Cereal and Buttered Toast Assorted Juice</p> <p>Lunch Pepperoni Pizza Garden Salad Fresh Fruit</p>
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<p>Monday, April 25</p> <p>Breakfast Cheese Toast Grits and Ham Cubes OR Assorted Cereal and Buttered Toast Assorted Juice</p> <p>Lunch Hot Dog Mac and Cheese Vegetable Mixed Fruit</p>	<p>Tuesday, April 26</p> <p>Breakfast Waffle w/ Syrup Sausage Patty OR Assorted Cereal and Buttered Toast Assorted Juice</p> <p>Lunch Beef Tacos w/ Cheese Lettuce and Tomatoes Fruit</p>	<p>Wednesday, April 27</p> <p>Breakfast Scrambled Eggs w/ Cheese Grits OR Assorted Cereal and Buttered Toast Assorted Juice</p> <p>Lunch Grilled Chicken Breast w/ Lemon Butter Seasoning Buttered Rice Fruit</p>	<p>Thursday, April 28</p> <p>Breakfast Ham and Cheese Biscuit Potato Tots OR Assorted Cereal and Buttered Toast Assorted Juice</p> <p>Lunch Catfish Fillets Cheese Grits Baked Beans Fruit</p>	<p>Friday, April 29</p> <p>Breakfast W/W Pancakes w/ Syrup Linked Sausage OR Assorted Cereal and Buttered Toast Assorted Juice</p> <p>Lunch Cheese Pizza Garden Salad Fresh Fruit</p>
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NUTRITION TO GO

Try to get in the habit of checking the labels on convenience foods marketed to kids. One dinner from a popular brand (containing chicken nuggets, mac and cheese, corn, and a dessert) derives 43% of its calories from fat. Numbers like that might be OK once in awhile, but not for a steady diet.

A TASTY MORSEL FOR PARENTS

THE CHARACTER OF MARIO ALREADY EXISTED IN 1983, WHEN NINTENDO DECIDED TO ADD A SECOND PLAYER FOR THE BRAND-NEW "MARIO BROS." GAME. **BUT WHAT TO CALL THE BRO?** THE DECISION WAS MADE EASY FOR THE GAME DESIGNERS WHEN THEY WALKED OUTSIDE THEIR AMERICAN HEADQUARTERS IN REDMOND, WASHINGTON AND SAW A PIZZA PARLOR DOWN THE STREET CALLED "MARIO & LUIGI'S"!

STRANGE BUT TRUE!

