

# Pitt County Schools Nutrition Services Prek-8th Menus

# APRIL

This institution is an equal opportunity provider. Menus

## STATE OF MIND.

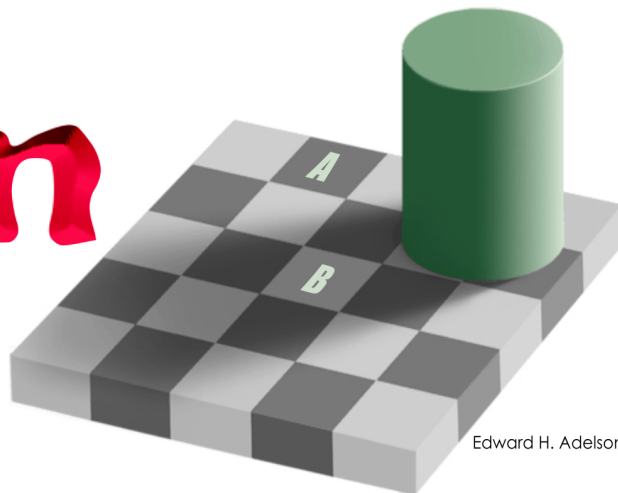
Physical activity isn't just good for your body. Regular exercise has been shown to help guard the mind against depression, too.



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

# Only an Illusion

Do you think the two squares labeled A and B are different shades of gray? Guess what? **They're the same color!** If you're interested, you can see proof and learn more by searching on line for "Checkershadow Illusion - MIT".



Edward H. Adelson

**Tuesday, April 1**

### Breakfast

Turkey Ham &  
Cheese Croissant  
Fresh Apple

### Lunch

Sweet Thai  
Chicken w/ Rice  
Mini Corn Dogs  
Sweet Potato  
Waffle Fries  
Broccoli w/ Cheese  
Pineapple Tidbits

**Wednesday, April 2**

### Breakfast

Strawberry Mini  
Bagels  
Craisins

### Lunch

Buffalo Chicken  
Pasta w/ Roll  
Bacon or Regular  
Cheeseburger on  
Bun  
French Fries  
Green beans  
Fresh Apple

**Thursday, April 3**

### Breakfast

Texas Apple Cinn  
Toast  
Mandarin Orange  
Cup

### Lunch

Pork or  
Chicken BBQ on  
Bun  
Cheese Stix  
Marinara Sauce  
Coleslaw  
Baked Beans  
Diced Peaches

**Friday, April 4**

### Breakfast

Super Donut  
Tropical Raisels

### Lunch

Cheese Pizza or  
Pepperoni Pizza  
Buffalo Fish  
Dippers  
Corn Muffin  
Corn  
Sweet Potato  
Souffle  
Applesauce Cup

**Monday, April 7**

### Breakfast

Minni Cinnis  
Applesauce Cup

### Lunch

Cheese Stix  
Beef & Broccoli w/  
Brown Rice  
Marinara Sauce  
Steamed Broccoli  
Glazed Carrots  
Banana

**Tuesday, April 8**

### Breakfast

Sausage Biscuit  
Banana

### Lunch

Scoopin Beef  
Tacos with Tostito  
Chips & Queso  
Chicken Quesadilla  
Salsa  
Steamed Corn  
Fiesta Black Beans  
Fresh Apple

**Wednesday, April 9**

### Breakfast

French Toast Stick  
Craisins

### Lunch

Grilled Cheese  
Sandwich  
Beef Hotdog on  
Bun  
French Fries  
Baked Beans  
Frozen Fruit Cup

**Thursday, April 10**

### Breakfast

Powdered Mini  
Doughnuts  
Mandarin Orange  
Cup

### Lunch

Chicken Chunks  
Baked Spaghetti  
Garlic Breadstick  
Caesar Salad  
Sweet Potato  
Waffle Fries  
Froot Jooce  
Freeze

**Friday, April 11**

### Breakfast

Large Muffin  
Tropical Raisels

### Lunch

Stuffed Crust Pep  
Pizza  
Beef Fajita Tortilla  
California Blend w/  
Cheese  
Green Beans  
Orange Mandarin  
Cup

## NUTRITION TO GO

As a rule, Americans don't eat enough beans! Beans are the best plant source of protein and contain little of the fat and cholesterol that accompany the protein in meat. Beans also provide more fiber than almost any other plant food and nearly as much calcium as milk. Plus, beans' slow release of glucose makes them a superfood for people with diabetes.

**A QUICK BITE FOR PARENTS**



**Monday, April 14**

**Breakfast**

Banana or Lemon Bread  
Applesauce Cup

**Lunch**

French Toast Sticks  
Scrambled Eggs & Yogurt Cup  
Garlic Cheese French bread  
Marinara Sauce  
Deli Roasted Potatoes  
Green Beans  
Banana

**Tuesday, April 15**

**Breakfast**

Cinnamon Toast Crunch  
Fresh Orange

**Lunch**

Chicken Filet Sandwich  
Salisbury Steak  
Brown Rice  
Roasted Sweet Potato  
Collards  
Grapes

**Wednesday, April 16**

**Breakfast**

Mini Pancakes  
Craisins

**Lunch**

Beefaroni  
Garlic Breadstick  
Mini Corn Dogs  
Corn  
Chopped Romaine Salad  
Banana

**Thursday, April 17**



**Friday, April 18**

**Good Friday**



**No School Today**

**Monday, April 21**



**Tuesday, April 22**

**Breakfast**

Strawberry Mini Bagels  
Fresh Apple

**Lunch**

Sweet Thai Chicken  
Brown Rice  
Mini Corn Dogs  
Sweet Potatoes  
Waffle Fries  
Broccoli w/ Cheese

**Wednesday, April 23**

**Breakfast**

Turkey Ham & Cheese Croissant  
Craisins

**Lunch**

Buffalo Chicken  
Pasta w/ Roll  
Bacon or Regular Cheeseburger  
French Fries  
Green Beans  
Fresh Apple

**Thursday, April 24**

**Breakfast**

Texas Apple Cinnamon Toast  
Mandarin Orange Cup

**Lunch**

Pork or Chicken BBQ on Bun  
Cheese Stix  
Marinara Sauce  
Coleslaw  
Baked Beans  
Diced Peaches

**Friday, April 25**

**Breakfast**

Super Donut  
Tropical Raisels

**Lunch**

Cheese or Pepperoni Pizza  
Buffalo Fish  
Dippers  
Corn Muffin  
Corn  
Sweet Potato Souffle  
Applesauce Cup

**Monday, April 28**

**Breakfast**

Minni Cinnis  
Applesauce Cup

**Lunch**

Cheese Stix w/ Marinara  
Beef & Broccoli w/ Brown Rice  
Steamed Broccoli  
Glazed Carrots  
Banana

**Tuesday, April 29**

**Breakfast**

Sausage Biscuit  
Banana

**Lunch**

Scoopin Beef  
Tacos with Tostitos  
Chicken Quesadilla  
Salsa  
Corn  
Fiesta Black Beans  
Fresh Apple

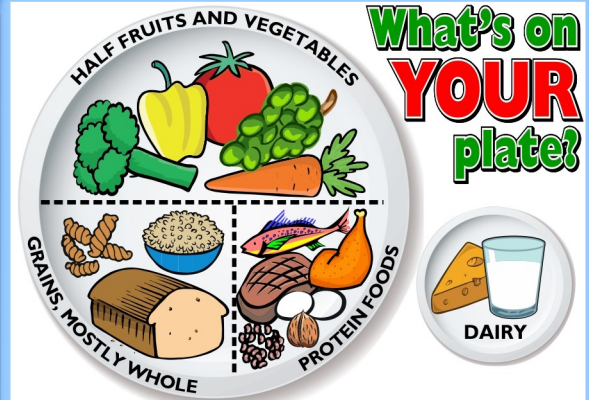
**Wednesday, April 30**

**Breakfast**

French Toast Sticks  
Craisins

**Lunch**

Grilled Cheese Sandwich  
Beef Hot Dog  
French Fries  
Chips  
Baked Beans  
Frozen Fruit Cups



**WHAT AM I?** I have a head but cannot think.  
I have eyes but cannot see.  
I have ears but cannot hear.  
I have ribs but no bones.



Answer: I'm a VEGETABLE GARDEN, planted with lettuce (heads), potatoes (eyes), corn (ears), and celery (ribs). YUMMY!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

# OUR NATION'S HISTORY

**Earth Day April 22**

The first Earth Day took place 55 years ago this month on April 22, 1970. Wisconsin Senator Gaylord Nelson, a Democrat, and California Congressman Pete McCloskey, a Republican, co-chaired events at schools, colleges, and parks across the U.S. that drew 20 million Americans outside on a Spring day to make a commitment to care for the environment. Earth Day is now celebrated in nearly 200 nations around the world.

**WITH LIBERTY & JUSTICE FOR ALL**