


Monday	Tuesday	Wednesday	Thursday
1	2	3	4
			
8	9	10	11
<p>Breakfast: Milk WG Bran Flakes Cereal Mozzarella Sliced Cheese Honeydew</p> <p>Lunch: Milk CN Baked Chicken Drumstick Butternut Squash WG Roll Honeydew</p> <p>Full Day: Mandarin Oranges</p> <p>Snack: WG Wheat thins Hard Boiled Egg</p>	<p>Breakfast: Milk Waffle w/ Warm Baked Apples Turkey Sausage Patty</p> <p>Lunch: Milk Cold SN Chicken & Sesame-Ginger Broccoli Slaw Wrap (WG tortilla shell) Warm Baked Apples</p> <p>Full Day: Pineapple</p> <p>Snack: Cottage Cheese Peaches</p>	<p>Breakfast: Milk CN Breakfast Burrito (WG tortilla shell, turkey sausage, eggs, cheese) Apricots</p> <p>Lunch: Milk HM Chicken Alfredo (WG Penne) Broccoli cuts (cooked) Apricots</p> <p>Full Day: Tropical Fruit Salad</p> <p>Snack: Milk WG Goldfish Crackers</p>	<p>Breakfast: Milk HM WG Banana Bread Vanilla Yogurt Pineapple</p> <p>Lunch: Milk CN Beef Teriyaki Baby Baked Potatoes WG Bread Pineapple</p> <p>Full Day: Apricots</p> <p>Food Exp Snack: Milk, Snapping Green Beans w/ Dip (Plain Yogurt, Ranch Seasoning)</p>
15	16	17	18
<p>Breakfast: Milk Breakfast Sandwich (WG goldfish bread, CN turkey, American cheese slice) Tropical Fruit Salad</p> <p>Lunch: Milk CN BBQ Chicken (WG Bun) Prince Charles Veggies Tropical Fruit Salad</p> <p>Full Day: Apple Slices</p> <p>Snack: Matchstick Carrots Vanilla Yogurt</p>	<p>Breakfast: Milk HM WG Baked Oatmeal Turkey Sausage Patty Apple Slices</p> <p>Lunch: Milk HM WG Spaghetti w/ SN Beef Meatballs Cauliflower Apple Slices</p> <p>Full Day: Mandarin Oranges</p> <p>Snack: Milk Honeydew</p>	<p>Breakfast: Milk WG English Muffin w/ M Cottage Cheese Mandarin Oranges</p> <p>Lunch: Milk CN Turkey Ham & American Cheese Sandwich on WG Bagel Corn on the Cob Mandarin Oranges</p> <p>Full Day: Banana</p> <p>Snack: Milk CN WG Soft Pretzel Rod</p>	<p>Breakfast: Milk WG Biscuit CN Egg Patty Banana</p> <p>Lunch: Milk HM CN Chicken Tacos (WG tortilla shell, salsa, cheese) Black Beans & Corn Banana</p> <p>Full Day: Pears</p> <p>Food Exp Snack: Milk, Fruit Kabob (watermelon, banana)</p>
22	23	24	25
<p>Breakfast: Milk CN WG French Toast Sticks w/ Applesauce SN Diced Turkey Ham</p> <p>Lunch: Milk SN Sweet & Sour Turkey Meatballs WG Brown Rice Matchstick Carrots Applesauce</p> <p>Full Day: Orange</p> <p>Snack: Milk Pineapple</p>	<p>Breakfast: Milk WG Toast w/ M Vanilla Yogurt Orange</p> <p>Lunch: Milk CN Cheese Omelet Roasted Potato Medley WG Biscuit Orange</p> <p>Full Day: Applesauce</p> <p>Snack: Colby Jack Sliced Cheese Ritz Crackers</p>	<p>Breakfast: Milk WG Plain Bagel w/ M Turkey Sausage Patty Peaches</p> <p>Lunch: Milk HM Sloppy Joes (SN ground beef, WG Bun) Sugar Snap Peas Peaches</p> <p>Full Day: Watermelon</p> <p>Snack: Milk Cucumber Slices</p>	<p>Breakfast: Milk HM WG Cranberry Orange Bread Hard Boiled Eggs Watermelon</p> <p>Lunch: Milk HM WG Macaroni & Cheese Winter Veggie Blend Watermelon</p> <p>Full Day: Peaches</p> <p>Food Exp Snack: Spring Salad (Romaine, Bell peppers) Croutons</p>
29	30		
<p>Breakfast: Milk WG Toasted Oats Provolone Sliced Cheese Apple Slices</p> <p>Lunch: Milk CN Cheeseburger (WG Bun) Broccoli Apple Slices</p> <p>Full Day: Pineapple</p> <p>Snack: Milk WG Soft Breadstick w/ Pizza Sauce</p>	<p>Breakfast: Milk Cinnamon Raisin Bagel w/ M Vanilla Yogurt Pineapple</p> <p>Lunch: Milk HM Goulash (ground turkey, WG elbow macaroni) Spinach Salad Pineapple</p> <p>Full Day: Mandarin Oranges</p> <p>Snack: Milk Cantaloupe</p>		<p>HM – Homemade CN - Child Nutrition Approved SN – Breakdown in Nutrition Program Manager Office w/M – Offer Margarine WG – Whole Grain Unflavored Skim Milk Served Unless Noted Ranch May Be Used w/ Raw Vegetables & Salads FULL DAY FRUIT INDICATED IN RED</p>



APRIL



IT'S NATIONAL GARDEN MONTH!

PLANTING A GARDEN IS A GREAT WAY TO INVOLVE YOUR CHILD IN HEALTHY EATING!

Children can begin gardening even before age 2 with these handy tips!

1. Purchase kid friendly tools that are safe and easy to manage.
2. Show them how to pick and pluck weeds or how to water the plants!
3. Let them pick (and eat!) the fruits and vegetables when it is time.
4. Make a spot in the garden just for them to dig or plant, whatever they would like!
5. Ask them what their favorite fruits and vegetables are and grow them. They will be more likely to get involved.

Interested in starting a garden? Figure out what type of garden and how much space is right for you. Here is a list of **fruits** and **vegetables** that are easy to grow!

Beets
Broccoli
Cabbage
Carrots
Collard Greens
Mustard Greens

Cucumbers
Green Beans
Green Peas
Kale
Leaf Lettuce
Romaine Lettuce

Melon
Peppers
Potatoes
Strawberries
Tomatoes
Zucchini



RECIPE OF THE MONTH:

Farmers Market Salsa

1. Dice 1 cup Roma tomatoes, 1/2 onion, 1/2 green pepper and 1/2 cup of cilantro.
2. Mix together with 1/2 cup of corn and 1 can of black beans.
3. Slice 1 lime in half. Using one half, squeeze about 2tsp of juice on top.
4. Enjoy with tortilla chips, baked pita chips or use as a dip for burritos or tacos.



LET'S GET MOVING!

Take a Family Walk

Go on a family walk but try these fun ideas along the way!

- Follow the leader! Take turns, let everyone have a turn!
- Look up! How many different items can you see on top of buildings and in the sky?
- Make up a treasure hunt! Add seeing a squirrel, a leaf, or an airplane to the list.



VEGETABLE/ FRUIT OF THE MONTH:

Tomatoes

Whether enjoyed raw or cooked, tomatoes are rich in vitamins A and C. They also contain iron, niacin, and fiber. Tomatoes also have antioxidants, which some research says may help prevent cancer.

Tomatoes are in season in Michigan from the middle of August until the middle of October!