

MENUS FOR
APRIL 2023

Washington Local Schools

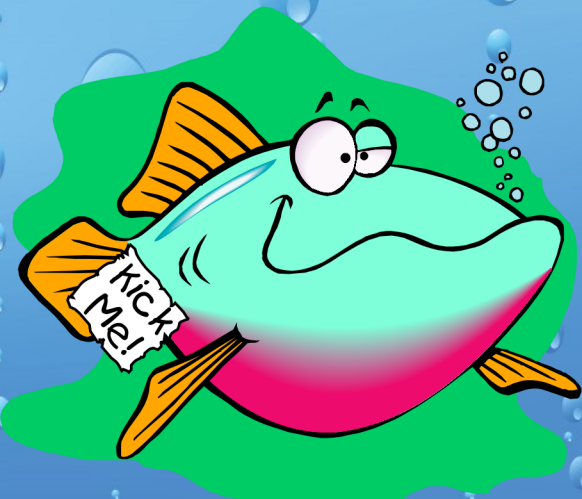
This institution is an equal opportunity provider. Menus are subject to change.

★ **OUR NATION'S HISTORY** ★

Paul Revere began the famous "midnight ride" on April 18, 1775. But he didn't finish it. Revere made it from Boston to Lexington, warning residents that "the regulars (British soldiers) are coming!" Then, he set out for Concord with William Dawes and Samuel Prescott. Revere was captured and later released – without his horse. In fact, only Prescott actually made it all the way from Boston to Concord to warn our patriots to remove military supplies before the soldiers could arrive.

★ **WITH LIBERTY & JUSTICE FOR ALL** ★

April FISH?



In France, April Fool's Day is called "April Fish Day," and the person you play a prank on is called the "poisson d'Avril" -- **THE APRIL FISH!** No, really, it's true!

Monday, April 3	Tuesday, April 4	Wednesday, April 5	Thursday, April 6	Friday, April 7
<p><u>Breakfast</u> Grab & Go Asst. Fruit &/or Juice Milk</p> <p><u>Lunch</u> Chicken Nuggets Dinner Roll Carrots Asst. Fruit Milk</p>	<p><u>Breakfast</u> Grab & Go Asst. Fruit &/or Juice Milk</p> <p><u>Lunch</u> Taco Tuesday Refried Beans & Cheese Asst. Fruit Milk</p>	<p><u>Breakfast</u> Grab & Go Asst. Fruit &/or Juice Milk</p> <p><u>Lunch</u> Tony's Pizza Tossed Salad Asst. Fruit Milk</p>	<p><u>Breakfast</u> Grab & Go Asst. Fruit &/or Juice Milk</p> <p><u>Lunch</u> Cheeseburger French Fries Asst. Fruit Milk</p>	<u>SPRING BREAK</u>
Monday, April 10	Tuesday, April 11	Wednesday, April 12	Thursday, April 13	Friday, April 14
<u>SPRING BREAK</u>	<u>SPRING BREAK</u>	<u>SPRING BREAK</u>	<u>SPRING BREAK</u>	<u>SPRING BREAK</u>

GET IT IN YOU.

OK, this is big. Really big. So listen up. Fiber is found naturally in whole grains, fruits, and vegetables and is added to many other foods. It's good for you. Really good. SO EAT MORE FIBER.

FIBER

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

Happy Earth Day To You!



April 22 is the 52nd Anniversary of the first Earth Day



What's on **YOUR** plate?



Q: Where do we get our tomatoes?

A: The average American eats 22 pounds of tomatoes a year, and all of them came from a vine somewhere. But less than half the tomatoes we eat are fresh. We get most of our tomatoes in processed form, out of a bottle of ketchup or a can of tomato sauce.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, April 17

Breakfast

Grab & Go
Asst. Fruit &/or Juice
Milk

Lunch

Chicken Tenders
Dinner Roll
Corn
Asst. Fruit
Milk

Tuesday, April 18

Breakfast

Grab & Go
Asst. Fruit &/or Juice
Milk

Lunch

Mini Corn Dogs
Baked Beans
Asst. Fruit
Milk

Wednesday, April 19

Breakfast

Grab & Go
Asst. Fruit &/or Juice
Milk

Lunch

Grilled Cheese
Chips
Green Beans
Asst. Fruit
Milk

Thursday, April 20

Breakfast

Grab & Go
Asst. Fruit &/or Juice
Milk

Lunch

Spaghetti
Garlic Toast
Broccoli & Cheese
Asst. Fruit
Milk

Friday, April 21

Breakfast

Grab & Go
Asst. Fruit &/or Juice
Milk

Lunch

J Cup Pizza
Carrots & Dip
Asst. Fruit
Milk

Monday, April 24

Breakfast

Grab & Go
Asst. Fruit &/or Juice
Milk

Lunch

Chicken Drumstick
Dinner Roll
Sweet Potato Fries
Asst. Fruit
Milk

Tuesday, April 25

Breakfast

Grab & Go
Asst. Fruit &/or Juice
Milk

Lunch

Nachos
Refried Beans & Cheese
Asst. Fruit
Milk

Wednesday, April 26

Breakfast

Grab & Go
Asst. Fruit &/or Juice
Milk

Lunch

Tony's Pizza
Tossed Salad
Asst. Fruit
Milk

Thursday, April 27

Breakfast

Grab & Go
Asst. Fruit &/or Juice
Milk

Lunch

Pancakes/Syrup
Sausage
Potato Puffs
Asst. Fruit
Milk

Friday, April 28

Breakfast

Grab & Go
Asst. Fruit &/or Juice
Milk

Lunch

J Cup Pizza
Broccoli & Dip
Asst. Fruit
Milk

Available

Grab & Go Breakfast
Pop Tarts
Cereal
Breakfast Bars
Donuts
Muffins
Cook's choice

