

Menus for APRIL

Coatesville Area School District
ELEMENTARY

MENU SUBJECT TO CHANGE



Wednesday, April 1

Breakfast

Breakfast Wrap
Pear Cup
100% Fruit Punch
Milk Variety

Lunch

French Toast Sticks w/
Sausage & Syrup Cup
or Turkey & Cheese
Wrap
Hash Brown Potatoes
Sliced Cucumbers w/



Thursday, April 2



No School Today!

Friday, April 3

SPRING
BREAK



NO
SCHOOL
TODAY!

Monday, April 6

SPRING



BREAK

NO

Tuesday, April 7

Breakfast

Frudel Selection
Fresh Grapes
100% Orange Juice
Milk Variety

Lunch

Chicken Patty
Sandwich
or Ham & Cheese
Wrap
Sweet Potato Puffs
Celery Sticks w/Dip

Wednesday, April 8

Breakfast

Pop-Tart Assortment
Mandarin Orange Cup
100% Fruit Punch
Milk Variety

Lunch

Meatball Sandwich
or Bologna & Cheese
on WG Roll
Spiral French Fries
Sliced Cucumber w/
Dip

Thursday, April 9

Breakfast

Mini Pancakes
Peach Cup
100% Apple Juice
Milk Variety

Lunch

Ham & Cheese
Hoagie or
Turkey & Cheese
Hoagie
or Salad w/Ham &
Cheese &
WG Dinner Roll &

Friday, April 10

Breakfast

Mini Bagels w/Cream
Cheese
Fresh Apple Slices
100% Grape Juice
Milk Variety

Lunch

Pepperoni Pizza
Wedge
or Chef Salad w/WG
Dinner Roll & Crackers
Garden Salad

Available Daily!

BREAKFAST ALTERNATIVES

Cereal Bar or Cereal Assortment w/String
Cheese or Yogurt (Select One)
Served with Fruit Juice & Milk Variety

LUNCH ALTERNATIVES

Monday, Wednesday & Friday-PBJ w/
Cheese Stick
Tuesday & Thursday-Yogurt Delight
(Yogurt, Cheese Stick, Graham Crackers)
All Of The Above w/Fruit, Veggie & Milk

Monday, April 13

Breakfast

Muffin Assortment
Pear Cup
100% Apple Juice
Milk Variety

Lunch

Mini Cheese Ravioli
or Fruit, Cheese &
Crackers
Baby Carrots w/Dip
Seasoned Green Peas
Fresh Grapes

Tuesday, April 14

Breakfast

Mini Cinnis
Fresh Apple Slices
100% Orange Juice
Milk Variety

Lunch

Chicken Tenders w/
WG Dinner Roll
or Bologna & Cheese
on WG Roll
Steamed Broccoli
Celery Sticks w/ Dip

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. Wow!

Wednesday, April 15

Breakfast

Breakfast Wrap
Pear Cup
100% Fruit Punch
Milk Variety

Lunch

Cheeseburger
or Turkey & Cheese
Wrap
Oven Baked Fries
Sliced Cucumbers w/
Dip

Thursday, April 16

Breakfast

Mini Waffles
Raisins
100% Grape Juice
Milk Variety

Lunch

NACHOS or
Chicken Caesar Salad
w/WG Roll
Refried Beans
Baby Carrots w/Dip
Fresh Apple Slices

Friday, April 17

Breakfast

Mini Bagels w/Cream
Cheese
Fresh Banana
100% Apple Juice
Milk Variety

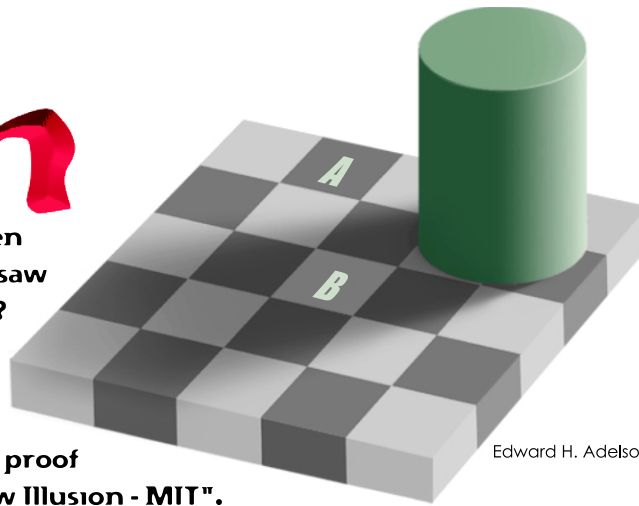
Lunch

Personal Pizza or
Salad w/Turkey &
Cheese w/WG Dinner
Roll & Crackers
Baby Carrots w/Dip

Only an Illusion

Remember a few weeks ago when the argument between people who saw the black and blue dress and those who saw the gold and white dress almost shut down the internet? Here's another one for you: the "Adelson Checkerboard 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

Monday, April 20

Breakfast

Muffin Assortment
Pear Cup
100% Grape Juice
Milk Variety

Lunch

Cheese Quesadilla
or Tuna Salad on WG
Roll
Seasoned Corn
Baby Carrots w/Dip
Fresh Grapes

Tuesday, April 21

Breakfast

Frudel Selection
Fresh Grapes
100% Grape Juice
Milk Variety

Lunch

Chicken Nuggets w/
WG Dinner Roll
Ham & Cheese Wrap
Sweet Potato Fries
Celery Sticks w/Dip
Fresh Apple Slices

Wednesday, April 22

Breakfast

Pop-Tart Assortment
Mandarin Orange Cup
100% Fruit Punch
Milk Variety

Lunch

Weenie Wink w/
Goldfish Crackers
or Bologna & Cheese
on WG
Baked Beans
Sliced Cucumbers w/

Thursday, April 23

Breakfast

Mini Pancakes
Peach Cup
100% Apple Juice
Milk Variety

Lunch

Baked Ziti
or Salad w/Tuna Salad
w/WG Dinner Roll &
Crackers
Baby Carrots w/Dip
Caesar Salad

Friday, April 24

Breakfast

Mini Bagels w/Cream
Cheese
Fresh Apple Slices
100% Grape Juice
Milk Variety

Lunch

Cheese Pizza Wedge
or Salad w/Ham &
Cheese w/WG Dinner
Roll & Crackers
Garden Salad
Celery Sticks w/Dip

Monday, April 27

Breakfast

Muffin Assortment
Peach Cup
100% Apple Juice
Milk Variety

Lunch

Max Cheese Sticks w/
Marinara
Dipping Sauce
or Egg Salad Sandwich
Steamed Broccoli
Baby Carrots w/Dip

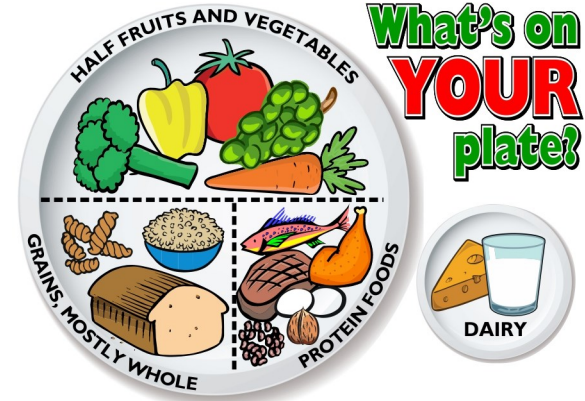
Tuesday, April 28

Breakfast

Mini Cinnis
Fresh Apple Slices
100% Orange Juice
Milk Variety

Lunch

Popcorn Chicken w/
WG Dinner Roll
or Bologna & Cheese
on WG Roll
Glazed Carrots
Celery Sticks w/Dip



Wednesday, April 29

Breakfast

Breakfast Wrap
Pear Cup
100% Fruit Punch
Milk Variety

Lunch

French Toast Sticks w/
Sausage & Syrup Cup
or Turkey & Cheese
Wrap
Hash Brown Potatoes
Sliced Cucumbers w/

★ OUR NATION'S HISTORY ★

The first Earth Day took place 45 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 ★

Thursday, April 30

Breakfast

Mini Waffles
Raisins
100% Grape Juice
Milk Variety

Lunch

Taco
or Chef Salad w/WG
Dinner Roll & Crackers
Refried Beans
Baby Carrots w/Dip
Fresh Apple Slices



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

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