

Menus for April 2011

Blountstown 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

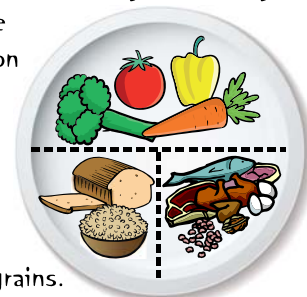
French Toast Sticks w/ Syrup
Sausage Patty OR
Assorted Cereal and
Buttered Toast
Assorted Juice

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?

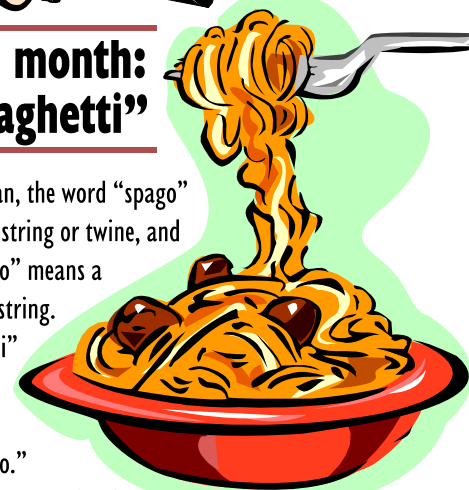


**WORDS
OF
MOUTH**

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/

Monday, April 18

Breakfast
Sausage and Egg Biscuit
Potato Tots OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch
Chicken BBQ Sandwich
Baked Potato Wedges
Mixed Fruit Cup

Tuesday, April 19

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

Lunch
Baked Ziti
Garden Salad
Garlic Bread Stick
Fruit

Wednesday, April 20

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

Lunch
Oven Fried Chicken
Rice w/ Gravy
Green Beans
Fruit

Thursday, April 21

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

Lunch
Chicken Tetrizzini
Broccoli/Cauliflower
Pololaise
W/W Roll
Fruit

Friday, April 22

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

Lunch
Pepperoni Pizza
Garden Salad
Fresh Fruit

Monday, April 25

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

Lunch
Hot Dog
Mac and Cheese
Vegetable
Mixed Fruit

Tuesday, April 26

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

Lunch
Beef Tacos w/ Cheese
Lettuce and Tomatoes
Fruit

Wednesday, April 27

Breakfast
Scrambled Eggs w/
Cheese Grits OR
Assorted Cereal and
Buttered Toast
Assorted Juice

Lunch
Grilled Chicken Breast w/
Lemon Butter Seasoning
Buttered Rice
Fruit

Thursday, April 28

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

Lunch
Catfish Fillets
Cheese Grits
Baked Beans
Fruit

Friday, April 29

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

Lunch
Cheese Pizza
Garden Salad
Fresh Fruit

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!

