



Manchester School

This institution is an equal opportunity provider.

Menus for April 2012

Monday, April 2

Bosco Stick served w/ cup of soup or Bagel Lunch
green beans
peaches
school baked cookie
milk choices
low fat white
fat free white
fat free chocolate

Important news about April Fool's Day

Congress has passed a new law declaring that, from now on, April Fool's Day will be celebrated on the first Monday of April, rather than on April 1. Please plan all jokes accordingly. For more details, please see the back page.



Tuesday, April 3

Crispy Chicken Patty on a wg roll served w/ Romaine Lettuce & tomato slice
or
Salad Bar
oven roasted red potatoes
fresh apple
milk choices
low fat white
fat free white
fat free chocolate

Wednesday, April 4

School Lunch-able
slices of ham and cheese
crackers
yogurt cup
or
Bagel Lunch
carrots & sunbutter
wg goldfish
trail mix
milk choices
low fat white
fat free white
fat free chocolate

Thursday, April 5

Make your own Taco!
Fill a taco shell w/ spicy beef, shredded cheese
lettuce, tomato, etc.
Black Bean Salad
Spanish Rice
Pears
milk choices
low fat white
fat free white
fat free chocolate



SPORTS HER WAY

Girls' participation in high school sports continues to grow -- and girls begin to form the habits of playing sports and staying fit in elementary school! Girls now make up 41% of all high school athletes, and girls who play high school sports are 40% more likely to graduate from college than girls who don't play a sport. The fastest growing high school sport in the U.S. is girls lacrosse, which showed a 9% jump in the number of participants for 2011.

Friday, April 6

School Choice Pizza or Salad Bar
broccoli salad
fresh orange wedges
milk choices
low fat white
fat free white
fat free chocolate

Monday, April 9

Cheeseburger on a bun made w/ local beef!
or
Bagel Lunch!
wg bagel served w/string cheese
yogurt cup
vegetable choice
Fresh Apple
milk choices
low fat white
fat free white
fat free chocolate

Tuesday, April 10

Popcorn Chicken served w/brown rice
or
Salad Bar
broccoli, carrots & cauliflower & dip
Watermelon Wedge
milk choices
low fat white
fat free white
fat free chocolate

Wednesday, April 11

Community Day!!
Turkey, Cheese & Veggie wraps
baby carrots and sunflower dip
goldfish crackers
fruit & yogurt parfaits
milk choices
low fat white
fat free white
fat free chocolate

Thursday, April 12

Macaroni & Cheese served w/ slice of baked ham
or
Salad Bar
baked beans
fruit choices
milk choices
low fat white
fat free white
fat free chocolate

Friday, April 13

Individual Pan Pizza or Bagel Lunch
Tossed Salad
w/ romaine lettuce & fresh veggies
banana
milk choices
low fat white
fat free white
fat free chocolate

MISNOMER.

A "misnomer" is an inaccurate or misleading name for something. Take "energy" drinks, for example. They don't really provide energy, but rather stimulation, largely from chemical compounds like caffeine. That's why the American Academy of Pediatrics believes that children and teens should never drink them.



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

Breakfast Menu

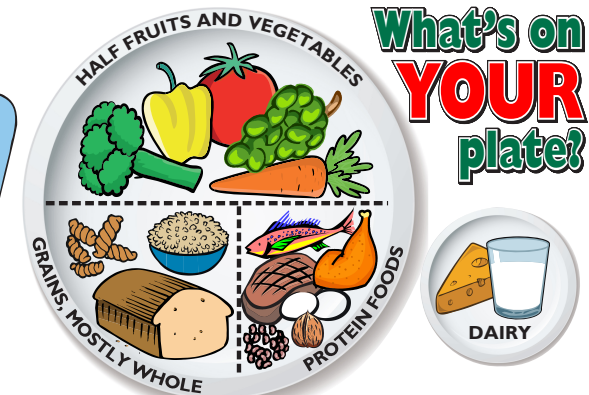
Join us each morning for a tasty and nutritious breakfast. Choose from fresh muffins, yogurt, fruit, eggs, string cheese, cereal, milk & juice




NO WORRIES

last day of classes: **Friday, April 13** classes resume: **Monday, April 23**

SPRING BREAK



What's on **YOUR** plate?

Don't get too juiced about your juice!

Juice boxes invaded America around 1980 and have since become required equipment for kids and parents everywhere. Juice is fine for kids, but many of the most popular juice boxes are mostly sugar, with very little juice. So make sure any juice kids (and adults, for that matter) drink is 100% fruit juice, and limit kids to 6-8 ounces a day. Kids should get most of their orange juice by eating an orange and should mostly drink water or milk.



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

Monday, April 23

Tasty Grilled Cheese & cup of soup or Bagel Lunch

wg goldfish crackers
peas
orange wedges
milk choices
low fat white
fat free white
fat free chocolate

Tuesday, April 24

Asian Rice Bowl
tasty strips of teriyaki seasoned chicken served with oriental veggies & brown rice in a take out box or **Salad Bar**

pineapple chunks
fortune cookie
milk choices
low fat white
fat free white

Wednesday, April 25

Turkey & Cheese sandwich or Bagel Lunch

BLT Pasta Salad
baby carrots
apple
milk choices
low fat white
fat free white
fat free chocolate

Thursday, April 26

Hamburger on a wg bun
w/ lettuce, tomato & pickle on the side or **Salad Bar**

sweet potato fries
mixed fruit
milk choices
low fat white
fat free white
fat free chocolate


Friday, April 27

Big Daddy's Pizza or Bagel Lunch

tossed salad
w/ romaine lettuce
spinach, cucumbers, carrots, tomatoes
grapes
animal crackers
milk choices
low fat white
fat free white
fat free chocolate

Monday, April 30

Breakfast for Lunch
crispy waffle sticks served w/ baked ham or **Bagel Lunch**
sweet potato puffs
applesauce
milk choices
low fat white
fat free white
fat free chocolate




One hundred years ago this month, on the morning of April 15, 1912, the "unsinkable" Titanic sunk after hitting an iceberg just four days into its very first voyage. The ship was almost 900 feet long and 10 stories high, but it was no match for the iceberg -- it sank just 2½ hours after impact.

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You've been fooled!



There's no such law!
Carry on with all jokes on April 1, as usual!