

K-8th Grade Menus for April 2019

Garvey School District



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



Available Daily

Breakfast
Assorted WG Cereal & Choice of Low-Fat Yogurt or String Cheese

Breakfast & Lunch
Assorted Fruits & Vegetables At the Salad Bar

WG = Whole Grain



YOU'RE GETTING WARM.



One of the best ways to avoid getting hurt – playing a sport, in gym class, and even on the playground – is to stretch out a little first and start off slowly before you go all out.



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

IF THE SHOE FITS . . .



The shoebill bird of Africa has one of the most appropriate names of any animal on earth! That giant beak is shaped just like a really big shoe! A shoebill will stand still in the water for hours before suddenly plunging its head into the water to catch fish up to a foot and a half long, as well as any other delicacies unlucky enough to wander into a shoebill's range.

"Shoebill"
by Bob Owen/
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ANIMAL APPETITES

Monday, April 1

Breakfast
WG Breakfast Pizza Bagel
Milk, Juice and Fruit

Lunch
Chicken Strips
& Baked WG Goldfish Snack
& Steamed Green Peas
Milk and Fruit

Snack
WG Blueberry Muffin
Milk

Tuesday, April 2

Breakfast
WG Mini Pan Dulce Concha
Milk, Juice and Fruit

Lunch
Taco Salad
& Baked Scoops
& Steamed Yellow Corn
Milk and Fruit

Snack
WG Chocolate Bear Grahams
Non-Fat Chocolate & 1% Milk

Wednesday, April 3

Breakfast
WG Mini Waffles
Milk, Juice and Fruit

Lunch
Hamburger on WG Bun
Or Yogurt Parfait
& Steamed Green Beans
Milk and Fruit

Snack
WG Scooby-Doo Cracker Sticks
Orange Juice

Thursday, April 4

NATIONAL BURRITO DAY!
Breakfast
WG Breakfast Burrito
Milk, Juice and Fruit

Lunch
WG Spaghetti w/ Meat Sauce
& Steamed Carrots
Milk and Fruit

Snack
Red Delicious Apples
Non-Fat Chocolate & 1% Milk

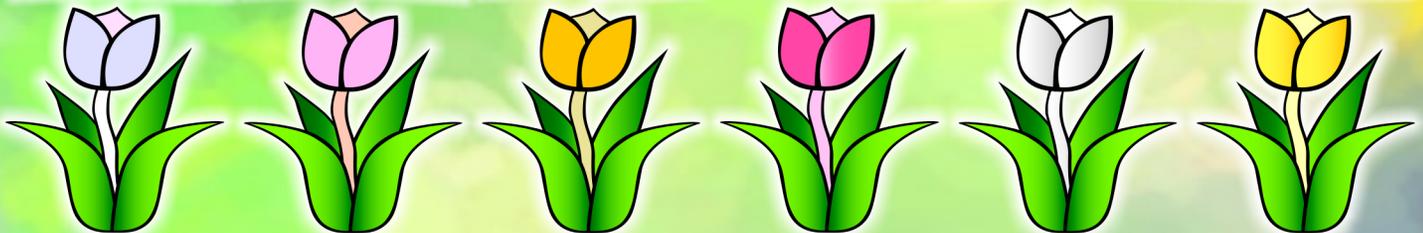
Friday, April 5

Breakfast
WG Turkey Sausage, Cheese &
Egg Wrap & Hash Browns
Milk, Juice and Fruit

Lunch
Chicken Sandwich on WG Bun
& Steamed Mixed Vegetables
Milk and Fruit

Snack
WG Oats & Honey Bar
Apple Juice

SPRING BREAK



NO SCHOOL

Monday, April 8th to Friday, April 12th

Monday, April 15

Breakfast

WG Sausage Breakfast Pizza
Milk, Juice and Fruit

Lunch

WG Stuffed Breadsticks &
Marinara Sauce Dipping Cup or
Grilled Cheese Sandwich
& Steamed Peas & Carrots
Milk and Fruit

Snack

WG Honey Bear Grahams
Milk

Tuesday, April 16

Breakfast

WG Breakfast Honey Bun
Milk, Juice and Fruit

Lunch

Popcorn Chicken Bites
& Baked WG Goldfish Snack
& Steamed Yellow Corn
Milk and Fruit

Snack

WG Blueberry Muffin
Non-Fat Chocolate & 1% Milk

Wednesday, April 17

Breakfast

WG English Muffin & Egg Patty
Milk, Juice and Fruit

Lunch

Beef Teriyaki Dippers w/
Brown Rice
& Steamed Green Beans
Milk and Fruit

Snack

WG Multigrain Chips
Wildberry Juice

Thursday, April 18

Breakfast

WG Mini Pancakes
Milk, Juice and Fruit

Lunch

WG Mini Dogs
& Baked Potato Wedges
Milk and Fruit

Snack

Low-Fat Yogurt
Non-Fat Chocolate & 1% Milk

Friday, April 19

Breakfast

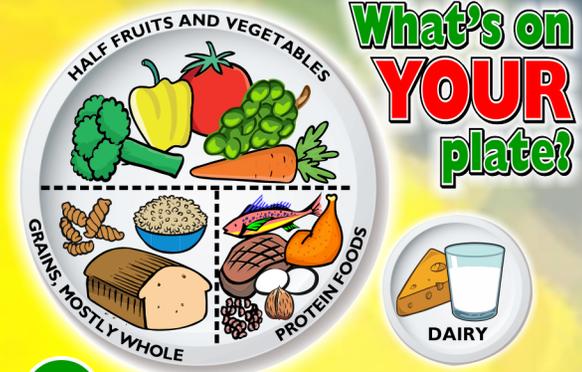
WG Breakfast Burrito
& Hash Browns
Milk, Juice and Fruit

Lunch

Cheeseburger Sliders
or Yogurt Parfait
& Steamed Cut Broccoli
Milk and Fruit

Snack

WG Goldfish Snacks
Milk



Q: What's the GOOFIEST thing about a GOOBER?



A: "Goober" is another name for a peanut, and the goofiest thing about a peanut is that it's not really a nut at all! Peanuts are really beans that grow under ground. Real nuts are sometimes called "tree nuts."

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

Monday, April 22

EARTH DAY 2019 !

Breakfast

WG Stuffed Croissant
Sandwich
Milk, Juice and Fruit

Lunch

Chicken Strips
& WG Rice Krispies Treat
& Steamed Green Beans
Milk and Fruit

Snack

WG Chocolate Chip Muffin

Tuesday, April 23

Breakfast

WG Breakfast Pizza Bagel
Milk, Juice and Fruit

Lunch

Taco Salad
& Baked Scoops
& Steamed Yellow Corn
Milk and Fruit

Snack

WG Chocolate Bear Grahams
Non-Fat Chocolate & 1% Milk

Wednesday, April 24

Breakfast

WG Belgian Waffle Sticks
Milk, Juice and Fruit

Lunch

Hamburger on WG Bun or
Yogurt Parfait
& Steamed Green Peas
Milk and Fruit

Snack

WG Scooby-Doo Cracker Sticks
Orange Juice

Thursday, April 25

Breakfast

WG Blueberry
or Chocolate Chip Muffin
Milk, Juice and Fruit

Lunch

WG Rotini Pasta w/ Chicken
& Steamed Carrots
Milk and Fruit

Snack

WG Baked Flaming Hots
Non-Fat Chocolate & 1% Milk

Friday, April 26

Breakfast

WG Toast, Breakfast Sausage
& Hash Browns
Milk, Juice and Fruit

Lunch

WG Cheese or Pepperoni Pizza
Rounds
& Mixed Vegetables
Milk and Fruit

Snack

WG Oats & Honey Bar
Milk

Monday, April 29

Breakfast

WG French Toast Sticks
Milk, Juice and Fruit

Lunch

Corn Dogs, Hot Dogs
or Yogurt Parfait
& Steamed Yellow Corn
Milk and Fruit

Snack

WG Giant Cinnamon Goldfish
Milk

Tuesday, April 30

Breakfast

WG Breakfast Honey Bun
Milk, Juice and Fruit

Lunch

Popcorn Chicken Bites
& Baked WG Goldfish Snack
& Baked Potato Rounds
Milk and Fruit

Snack

WG Cereal Bar
Non-Fat Chocolate & 1% Milk



Experts recommend that we eat at least 20-30 grams of fiber a day -- but most Americans consume less than half that much. Good sources are grains, fruits, vegetables, and beans. Check the labels on foods, like your favorite breakfast cereal -- some cereals provide ten or more grams of fiber per bowl, but shoot for at least three.

A QUICK BITE FOR PARENTS

The original value meal & still a fantastic deal!

Breakfast

FREE

Lunch

\$2.75

PLEASE NOTE: PAID Lunch Price was effective FEBRUARY 1, 2019

GSD B.A.D. 01/17/19