

BREAKFAST

April 2014

DILLER-ODELL PUBLIC SCHOOL

Nutrition Tip

Drink Water! Drink water instead of sugary drinks when you're thirsty. To maintain a healthy weight, sip water or other drinks with few or no calories.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



* monday

* tuesday

* wednesday

* thursday

* friday

1

EGG TACO
FRUIT & JUICE
MILK

2
PANCAKE & SAUSAGE
ON A STICK
FRUIT & JUICE
MILK

3
FRUIT SMOOTHIE
WG TOAST
FRUIT
MILK

4
WG CEREAL
WG POPTART
FRUIT & JUICE
MILK

7
WG CEREAL
WG TOAST
FRUIT & JUICE
MILK

8
WG PANCAKES
FRUIT & JUICE
MILK

9
FRENCH TOAST STIX
FRUIT OR JUICE
MILK

10
BREAKFAST PIZZA
FRUIT & JUICE
MILK

11
WG CEREAL
WG POIPTART
FRUIT & JUICE
MILK

14
WG CEREAL
WG TOAST
FRUIT & JUICE
MILK

15
WG WAFFLE
FRUIT & JUICE
MILK

16
PANCAKE & SAUSAGE
ON A STICK
FRUIT & JUICE
MILK

17
EGG FRITTATA
WG TOAST
FRUIT & JUICE
MILK

18
NO SCHOOL

21
NO SCHOOL

22
EGG TACO
FRUIT & JUICE
MILK

23
FRENCH TOAST STIX
FRUIT & JUICE
MILK

24
FRUIT SMOOTHIE
WG TOAST
FRUIT
MILK

25
WG CEREAL
WG POPTART
FRUIT & JUICE
MILK

28
WG CEREAL
WG TOAST
FRUIT & JUICE
MILK

29
WG PANCAKES
FRUIT & JUICE
MILK

30
PANCAKE & SAUSAGE
ON A STICK
FRUIT & JUICE
MILK



LUNCH

April 2014

DILLER-ODELL PUBLIC SCHOOL

Nutrition Tip

Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

* monday

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SLOPEY JOE ON WG BUN 1
POTATO WEDGES
FRESH VEGGIES
ORANGE SLICES
MILK

TURKEY WRAP 2
SWEET POTATO FRIES
FRESH VEGGIES
APPLESAUCE
MILK

LASANGA 3
LETTUCE SALAD
PEARS
WG BREADSTICK

FISH NUGGETS 4
BAKED BEANS
APPLECRISP
WG ROLL
MILK

SOFT TACO 7
REFRIED BEANS
CORN
PEANUT BUTTER BAR
MILK

STROMBOLI 8
POTATO WEDGES
LETTUCE SALAD
FRUIT COCKTAIL
MILK

GOULASH 9
GREENBEANS
FRESH FRUIT
CORN MUFFIN
MILK

CHICKEN TENDERS 10
SCALLOPED POTATOES
PEAS
PEACHES
WG ROLL MILK

OMELET 11
PANCAKES
TRI-TATORS
JUICE
MILK

CHICKEN MANDARIN 14
ORANGE
BROWN RICE
ORIENTAL VEGETABLES
PINEAPPLE WG ROLL
MILK

TACOS 15
CORN
SPANISH RICE
APPLESAUCE
MILK

HOT TURKEY SANDWICH 16
MASHED POTATOES
GREENBEANS
STRAWBERRY SHORTCAKE
MILK

EARLY DISMISSAL 17
NO LUNCH

NO SCHOOL 18

NO SCHOOL 21

CHICKEN TENDERS 22
FRENCH FRIES
CORN
PEACHES
WG ROLL MILK

PIG IN A BLANKET 23
BAKED BEANS
FRESH VEGGIES
PINEAPPLE
MILK

BREADED PORK PATTIE 24
MASHED POTATOES
STEAMED CARROTS
FRUIT SALAD
WG DINNER ROLL MILK

NACHOS 25
LETTUCE SALAD
FRUIT CHOICE
CINNAMON BREAD
MILK

BBQ RIB ON WG BUN 28
POTATO SALAD
PEAS
PINEAPPLE
MILK

OVEN FRIED CHICKEN 29
MASHED POTATOES
GREENBEANS
CHERRY CRISP
WG ROLL MILK

CAVATINI 30
LETTUCE SALAD
PEARS
CHEESE BREADSTICK
MILK

