




MENUS FOR
APRIL 2023

Ganado Unified School
District #20

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

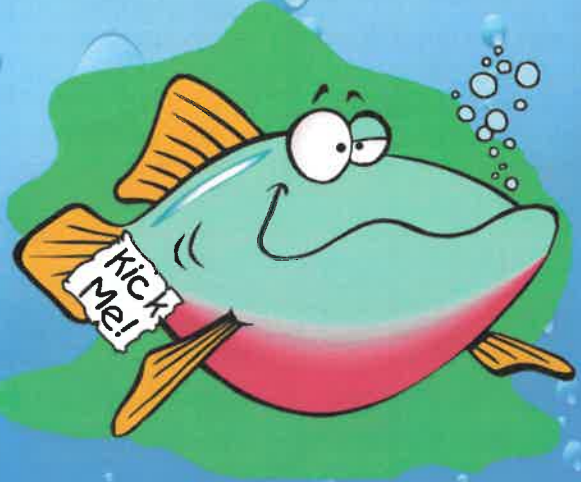
OUR NATION'S HISTORY

Paul Revere began the famous "midnight ride" on April 18, 1775. But he didn't finish it. Revere made it from Boston to Lexington, warning residents that "the regulars (British soldiers) are coming!" Then, he set out for Concord with William Dawes and Samuel Prescott. Revere was captured and later released – without his horse. In fact, only Prescott actually made it all the way from Boston to Concord to warn our patriots to remove military supplies before the soldiers could arrive.



WITH LIBERTY & JUSTICE FOR ALL

April FISH?



In France, April Fool's Day is called "April Fish Day," and the person you play a prank on is called the "poisson d'Avril" -- **THE APRIL FISH!** No, really, it's true!

Monday, April 3

Breakfast
Egg & Sausage Sandwich, Fruit Cup, Apple Juice, Choice of Milk

Lunch
Chicken Sandwich
Gr Leaf, Tomato
Potato Wedges
Fresh Fruit
Choice of Milk

Tuesday, April 4

Breakfast
Pancake, Syrup, Cheese Sticks, Apple, Choice of Milk

Lunch
Taco Soup
WG Tortilla Chips
Spanish Rice
Fruit Mix
Steamed Broccoli
Choice of Milk
HS, MS Alternate Choice

Wednesday, April 5

Breakfast
Scrambled Eggs w/ Sausage, WG Toast, Asst. Juice, Orange Smiles, Choice of Milk

Lunch
Baked Chicken
Mashed Potato
Mixed Veggies
WG Lunch Roll
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Thursday, April 6

Breakfast
WG Bagel, Cream Cheese, Ham Slice, Asst. Juice, Blueberries, Choice of Milk

Lunch
Sloppy Joe
French Fries
Baked Beans
Strawberry Cup
Choice of Milk
HS, MS Alternate Choice

Friday, April 7

Good Friday



No School Today

Monday, April 10

No School



Tuesday, April 11

Breakfast
Hot or Cold Cereal, WG Toast, Jelly, Apple Cinnamon Slices, Choice of Milk

Lunch
Pepperoni Pizza
Romaine Salad
Green Beans
Ranch Dressing
Fruit Mix
Choice of Milk
HS, MS Alternate Choice

Wednesday, April 12

Breakfast
Breakfast Burrito, Salsa, Diced Pears, Choice of Milk

Lunch
Green Chili Pozole
WG Cornbread
Steamed Broccoli
Sliced Peaches
Choice of Milk
HS, MS Alternate Choice

Thursday, April 13

Breakfast
Banana Muffin, Assorted Yogurt, Asst Juice, Banana, Choice of Milk

Lunch
Spaghetti w/ Meat Sauce
Romaine Salad
Steamed Carrots
WG Bread Sticks
Diced Peaches
HS, MS Alternate Choice

Friday, April 14

Breakfast
Brown Rice Or Cold Cereal, Scramble Eggs, Cinn. Apple Slices, Choice of Milk

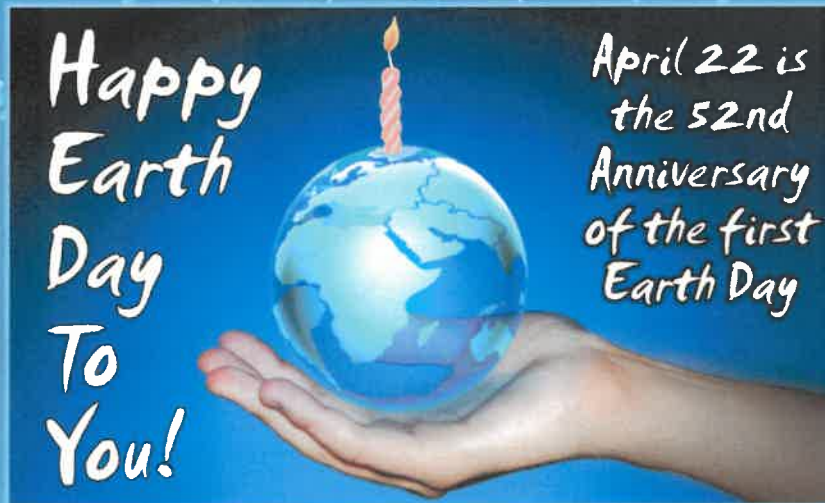
Lunch
Ham Deli Sandwich
Green Leaf, Tomato
Celery Sticks
Baked Chips
Fresh Orange
Choice of Milk
HS, MS Alternate Choice

GET IT IN YOU.

OK, this is big. Really big. So listen up. Fiber is found naturally in whole grains, fruits, and vegetables and is added to many other foods. It's good for you. Really good. SO EAT MORE FIBER.

FIBER

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

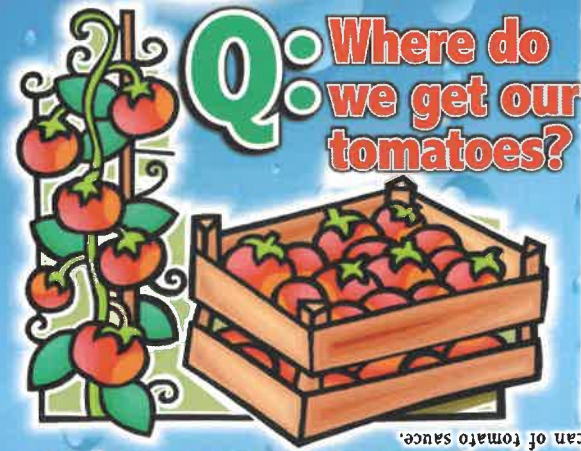


Happy
Earth
Day
To
You!

April 22 is
the 52nd
Anniversary
of the first
Earth Day



What's on
YOUR
plate!



Q: Where do we get our tomatoes?

A: The average American eats 22 pounds of tomatoes a year, and all of them came from a vine somewhere. But less than half the tomatoes we eat are fresh. We get most of our tomatoes in processed form, out of a bottle of ketchup or a can of tomato sauce.

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

Monday, April 17

Breakfast
Hot or Cold Cereal, WG Toast w/Jam, Asst. Juice, Fresh Apples, Choice of Milk

Lunch
Pig N' Blanket
Baked Beans
French Fries
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Tuesday, April 18

Breakfast
Egg Patty, Ham Slice, WG Biscuits, Orange Smiles, Choice of Milk

Lunch
Chicken Sandwich
Gr Leaf, Tomato
Pasta Salad
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Wednesday, April 19

Breakfast
Yellow Cornmeal, Muffin, Asst. Juice, Banana, Choice of Milk

Lunch
Frito Chili Pie
Shred Lettuce/Tomato
Shred Cheese
Cut Corn
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Thursday, April 20

Breakfast
Breakfast Pizza, Cheese Sticks, Diced Peaches, Choice of Milk

Lunch
WG Macaroni & Cheese
WG Breadstick
Steamed Carrots
Green Beans
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Friday, April 21

Breakfast
WG Biscuit, Sausage Gravy, Mixed Berries, Asst. Juice
Choice of Milk

Lunch
WG Pepperoni Pizza
Romaine Salad
Ranch Dressing
Carrot Sticks
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Monday, April 24

Breakfast
Breakfast Taco
Mild Salsa
Asst Juice, Banana
Choice of Milk

Lunch
Chili Mac
Green Beans
WG Lunch Roll
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Tuesday, April 25

Breakfast
Pancake, Syrup, Cheese Sticks, Fruit Mix, Choice of Milk

Lunch
Baked Chicken
WG Sliced Bread
Mashed Potatoes
Poultry Gravy
Mixed Vegetable
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Wednesday, April 26

Breakfast
Asst. Cold Cereal, Graham Crackers, Asst. Juice, Slice Apples, Choice of Milk

Lunch
Beef Taco's
Spanish Rice
Mexicali Corn
Salsa
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Thursday, April 27

Breakfast
Scrambles Eggs w/ Sausage, WG Toast, Jam, Fresh Banana
Choice of Milk

Lunch
Corndogs WG
French Fries
Baked Beans
Fresh Apple
Choice of Milk
HS,MS Alternate Choice

Friday, April 28

Breakfast
Breakfast Muffin, Asst. Yogurt, Fruit Mix, Choice of Milk

Lunch
Spaghetti Noodles w/Meat Sauce
Romaine Salad
WG Bread Stick
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Available

Monday: Grill Ham & Cheese
Tuesday: Cheese Burger
Wednesday: Bean Burrito
Thursday: Pepperoni Pizza
Friday: Cooks Choice'
(Menu are Subject to Change)