

Ganado Unified School District # 20

Menus for

APRIL

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

STATE OF MIND.

Physical activity isn't just good for your body. Regular exercise has been shown to help guard the mind against depression, too.



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

Only an Illusion

Do you think the two squares labeled A and B are different shades of gray? Guess what? They're the same color! If you're interested, you can see proof and learn more by searching on line for



Edward H. Adelson

"Checkershadow Illusion - MIT".

Tuesday, April 1

Breakfast

Breakfast Burrito,
Salsa,
Fresh Banana,
Choice of Milk

Lunch

Chili Mac
WG Dinner Roll
Steamed Carrots
Cucumber Slices
Ranch Dressing
Choice of Milk
HS, MS Alternate Choice

Wednesday, April 2

Breakfast

WG Breakfast Pizza,
Cheese Sticks,
Fresh Fruit
Choice of Milk

Lunch

Grilled Chicken
Sandwich on Wg Bun
Gr Leaf/Tomato Slice
French Fries
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Thursday, April 3

Breakfast

WG Biscuit,
Sausage Patty
Fresh Fruit
Choice of Milk

Lunch

Salisbury Steak
Mashed Potato
Steamed Broccoli
Wg Dinner Roll
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Friday, April 4

Breakfast

Banana Muffin,
Assorted Yogurt
Fresh Fruit
Choice of Milk

Lunch

Chicken Enchiladas
Black Beans
Shred Lettuce/Tomato
Spanish Rice
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Monday, April 7

Breakfast

Blue Corn Meal,
Sausage Patty, Juice
Fruit Cups,
Choice of Milk

Lunch

Green Chili Pozole
WG Flour Tortilla
Romaine Salad
Ranch Dressing
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Tuesday, April 8

Breakfast

Cold Cereal,
WG Toast, Jelly,
Fresh Banana,
Choice of Milk

Lunch

Hamburger Gravy
Mashed Potato
Steamed Broccoli
WG Lunch Roll
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Wednesday, April 9

Breakfast

WG English Muffin,
Hash Brown Casserole,
Fresh Fruit
Choice of Milk

Lunch

Chicken Mandarin
Seasoned Brown Rice
Asian Vegetables
Egg Roll
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Thursday, April 10

Breakfast

Cream of Wheat,
WG Toast, Jelly,
Fresh Fruit,
Choice of Milk

Lunch

Hamburger on Wg Bun
Gr Leaf/Tomato Slice
Sweet Potato Fries
Pickles, Ketchup
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

Friday, April 11

Breakfast

Cinnamon French
Toast, Syrup,
Fresh Oranges,
Choice of Milk

Lunch

Ravioli
Steamed Carrots
Romaine Salad
Ranch Dressing
WG Bread Sticks
Fresh Fruit
Choice of Milk

Available

@Middle & High School

Monday: Corndogs
Tuesday: Bean Burrito
Wednesday: Pepperoni Pizza
Thursday: Deli Sandwich
Friday: Cooks Choice
Menu are Subject to Change



NUTRITION TO GO

As a rule, Americans don't eat enough beans! Beans are the best plant source of protein and contain little of the fat and cholesterol that accompany the protein in meat. Beans also provide more fiber than almost any other plant food and nearly as much calcium as milk. Plus, beans' slow release of glucose makes them a superfood for people with diabetes.

A QUICK BITE FOR PARENTS

Monday, April 14

Breakfast

WG Pancakes,
Sausage Patty,
Syrup
Fresh Fruit

Lunch

Beef Chili w/ Beans
WG Cornbread
Steamed Carrots
Celery Sticks
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Tuesday, April 15

Breakfast

Corn Mush,
PBJ Sandwich
Fresh Fruit,
Choice of Milk

Lunch

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

Wednesday, April 16

Breakfast

WG Toast, Jelly,
Scramble Eggs,
Fresh Fruit
Choice of Milk

Lunch

Corn Dog
French Fries
Baked Beans
Ketchup/Mustard
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Thursday, April 17

Breakfast

Zucchini Muffin,
Assorted Yogurt,
Fresh Fruit
Choice of Milk

Lunch

Bean Burrito
Black Beans
Shred Lettuce/Tomato
Spanish Rice
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Friday, April 18

Breakfast

WG Breakfast Pizza,
Cheese Sticks
Fresh Fruit
Choice of Milk

Lunch

Chicken Nuggets
Steamed Carrots
Sliced Bread
BBQ Sauce
Fruit Mix
Choice of Milk
HS,MS Alternate Choice

Good
Friday

&
Happy
Easter



**Word
of the
Month**

pa·tri·ot·ism

n. 1. love of one's country and willingness to sacrifice for it
2. loyalty, faithfulness, allegiance, and devotion to one's nation

Monday, April 21

Breakfast

WG Bagel, Cream
Cheese, Sausage Patty,
Fruit Cup
Choice of Milk

Lunch

Native Taco w/
Fry Bread
Shred Lettuce, Tomato
Salsa
Fresh Fruits
Choice of Milk
HS,MS Alternate Choice

Tuesday, April 22

Breakfast

Western Omelet
Quesadilla, Salsa,
Fresh Fruit,
Choice of Milk

Lunch

Chicken Bowl
(Mashed Potato)
Dinner Roll
Green Beans
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Wednesday, April 23

Breakfast

Cinnamon Rolls,
Scramble Eggs,
Tater Tots, Fresh Fruit
Choice of Milk

Lunch

Pig N Blanket
French Fries
Celery Sticks
(Ketchup, Mustard)
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Thursday, April 24

Breakfast

Blueberry Muffin,
Assorted Yogurt
Fresh Fruit
Choice of Milk

Lunch

Spaghetti Noodles
w/Meat Sauce
Green Peas
WG Bread Stick
Fresh Fruit
Choice of Milk
HS, MS Alternate Choice

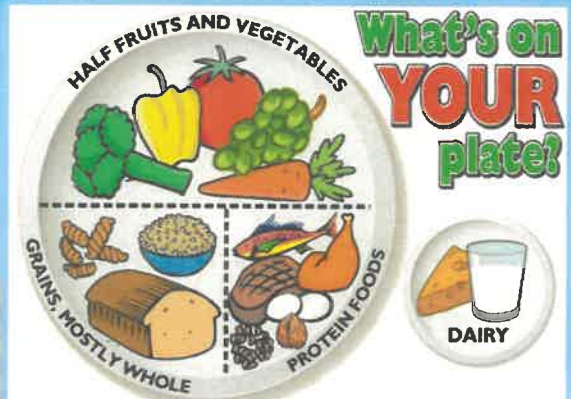
Friday, April 25

Breakfast

Oatmeal,
Cheese Sticks,
Fresh Fruit
Choice of Milk

Lunch

Grilled Chicken
Sandwich on Wg Bun
Coleslaw
Sweet Potato Fries
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice



**WHAT I have a head but cannot think.
AM I? I have eyes but cannot see.
I have ears but cannot hear.
I have ribs but no bones.**

Monday, April 28

Breakfast

Egg & Sausage
Sandwich, Fresh Fruit
Assorted Juice,
Choice of Milk

Lunch

Turkey Wrap
Gr. Chili Chicken Soup
Gr. Leaf/Tomato
Ranch Dressing
Fresh Fruit
Choice of Milk
HS,MS Alternate Choice

Tuesday, April 29

Breakfast

Breakfast Burrito,
Salsa,
Fresh Banana,
Choice of Milk

Lunch

Chili Mac
WG Dinner Roll
Steamed Carrots
Cucumber Slices
Ranch Dressing
Choice of Milk
HS, MS Alternate Choice

Wednesday, April 30

Breakfast

WG Breakfast Pizza,
Fresh Fruit,
Apple Juice
Choice of Milk

Lunch

Sloppy Joe
French Fries
Tossed Salad
Ranch Dressing
Fruit Mix
Choice of Milk
HS, MS Alternate Choice

OUR NATION'S HISTORY

The first Earth Day took place 55 years ago this month on April 22, 1970. Wisconsin Senator Gaylord Nelson, a Democrat, and California Congressman Pete McCloskey, a Republican, co-chaired events at schools, colleges, and parks across the U.S. that drew 20 million Americans outside on a Spring day to make a commitment to care for the environment. Earth Day is now celebrated in nearly 200 nations around the world.

Earth Day April 22

Keep it clean

With LIBERTY & JUSTICE FOR All



Answer: I'm a VEGETABLE GARDEN, planted with lettuce (heads), potatoes (eyes), corn (ears), and celery (ribs). YUMMY!

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