

Families Making the Connection

Every Kid Healthy

Every Kid Healthy™ Week is an annual observance designed to celebrate schools' wellness achievements. Observed the last week of April each year, this special week shines a spotlight on the obesity epidemic affecting our children and provides an opportunity for everyone in the country to get involved in its solutions: sound nutrition, regular physical activity and health-promoting school programs.

To celebrate *Every Kid Healthy Week*, schools can implement wellness initiatives to promote and reinforce healthy eating, nutrition education, and physical education and activity in order to increase student achievement.

- Host a healthy taste test with fruits, vegetables, whole grains or lowfat dairy.
- Ask the physical education teacher or a local gym to provide a Zumba or yoga class for students, school staff and their families.
- Host a recreational field day for students and invite families to participate.
- Challenge students, staff and their families to participate in a school walk-a-thon.

April 2016 Breakfast

Top Spanish Café & Catering

				Friday, April 1
Global Child Nutrition Month National Garden Month Earth Day (April 22)				Hard Boiled Eggs Home fries Whole Grain Bread Fresh Seasonal Fruit
Monday, April 4	Tuesday, April 5	Wednesday, April 6	Thursday, April 7	Friday, April 8
Assorted Whole Grain Cereal Fresh Seasonal Fruit	Whole Grain Apple Baker's Muffin 100% Variety Juice	Whole Grain Blueberry Waffles Turkey Bacon Fresh Seasonal Fruit	Lean Turkey Ham & American Cheese on Whole Grain English Muffin Fresh Seasonal Fruit	Whole Wheat Pancakes and Syrup Scramble Eggs Fresh Seasonal Fruit
Monday, April 11	Tuesday, April 12	Wednesday, April 13	Thursday, April 14	Friday, April 15
Oatmeal Turkey sausage Fresh Seasonal Fruit	Whole Wheat Bagel Cream Cheese Fresh Seasonal Fruit	Whole Wheat Waffle Sticks Maple Syrup Fresh Seasonal Fruit	Whole Grain blueberry Baker's Muffin	Hard Boiled Eggs Home fries Whole Grain Bread Fresh Seasonal Fruit
Monday, April 18	Tuesday, April 19	Wednesday, April 20	Thursday, April 21	Friday, April 22
Whole Grain blueberry Baker's Muffin Fresh Seasonal Fruit	Whole Wheat French Toast Lean Turkey Sausage Syrup 100% Variety Juice	Assorted Whole Grain Cereal Fresh Seasonal Fruit	Lean Turkey Ham & American Cheese on Whole Grain English Muffin Fresh Seasonal Fruit	Whole Wheat Pancakes and Syrup Scramble Eggs Fresh Seasonal
Monday, April 25	Tuesday, April 26	Wednesday, April 27	Thursday, April 28	Friday, April 29
Assorted Whole Grain Cereal Fresh Seasonal Fruit	Whole Grain Blueberry Waffles Turkey Bacon Fresh Seasonal Fruit	Oatmeal Turkey sausage Fresh Seasonal Fruit	Whole Grain Apple Baker's Muffin 100% Variety Juice	Hard Boiled Eggs Home fries Whole Grain Bread Fresh Seasonal

Milk served on every meal! and here are some facts: Milk and milk products provide the right amount of bone-building nutrients, specifically calcium, vitamin D, protein, phosphorus, magnesium, potassium, vitamin B12 and zinc

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April 2016 Lunch

Top Spanish Café & Catering

				Friday, April 1
Global Child Nutrition Month National Garden Month Earth Day (April 22)				Chicken Salad Whole Wheat Bread Carrot Salad Fresh Seasonal Fruit
Monday, April 4	Tuesday, April 5	Wednesday, April 6	Thursday, April 7	Friday, April 8
Teriyaki Chicken Whole Grain Rice Tomato, Carrot & Cucumber salad 100% Variety Fruit Juice	Whole Grain Beef Macaroni Spinach and Romaine Salad Fresh Seasonal Fruit	Chicken Parmesan with Whole Grain Bread Green Peas and Corn Fresh Seasonal Fruit	Beef Stew Brown Rice Garbanzo, Onions, tomatoes Fresh Seasonal Fruit	Turkey Ham on Whole Wheat bread Celery, Carrot Fresh Seasonal Fruit
Monday, April 11	Tuesday, April 12	Wednesday, April 13	Thursday, April 14	Friday, April 15
BBQ Chicken Drumstick Whole Wheat Bun Steamed Green Peas 100% Variety Fruit Juice	Whole Grain Beef Lasagna Spinach, romaine lettuce and Tomato Fresh Seasonal Fruit	Chicken Patty Whole Grain Bread Steamed Zucchini Fresh Seasonal Fruit	Hamburger in a Whole Wheat bun Oven fried Sweet Potatoes Fresh Seasonal Fruit	Chicken Salad Whole Wheat Bread Chickpeas Tomato Salad Celery and Carrot Fresh Seasonal Fruit
Monday, April 18	Tuesday, April 19	Wednesday, April 20	Thursday, April 21	Friday, April 22
Whole Grain Spaghetti and Meatballs Steamed Zucchini Fresh Seasonal Fruit	Chicken Nuggets Whole wheat Bread Steamed Carrots and Green Peas Fresh Seasonal Fruit	Whole Grain Rice, Turkey Jambalaya Chick Peas Tossed Salad 100% Variety Fruit Juice	Whole Grain Pepperoni Pizza Steamed Broccoli Fresh Seasonal Fruit	Turkey Ham Sandwich on Whole Wheat Bread Spinach, Tomato and Romaine Salad Fresh Seasonal
Monday, April 25	Tuesday, April 26	Wednesday, April 27	Thursday, April 28	Friday, April 29
Chicken Tacos Whole Grain Soft Shell Steamed Corn and Onions Lettuce and Tomato Salad Fresh Seasonal Fruit	Fish and Roasted Potatoes Whole Grain Bread Steamed Carrots Fresh Seasonal Fruit	Turkey Dog Whole Wheat Bun Baked Beans 100% Fruit Juice	Baked Chicken Drumstick Whole Wheat Bread Romaine, spinach and Tomato Salad Fresh Seasonal Fruit	Chicken Salad Whole Wheat Bread Celery and Cauliflower Fresh Seasonal Fruit

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April 2016 Snack

Top Spanish Café & Catering

				Friday, April 1
Global Child Nutrition Month National Garden Month Earth Day (April 22)				Apple Muffin 100% Variety Fruit Juice
Monday, April 4	Tuesday, April 5	Wednesday, April 6	Thursday, April 7	Friday, April 8
Apple Sauce Cheese stick	Animal Crackers 1% Milk	Whale Cheddar Cheese Crackers 1% Milk	Yogurt Granola bar	Mini Croissant and Jelly 1% Milk
Monday, April 11	Tuesday, April 12	Wednesday, April 13	Thursday, April 14	Friday, April 15
Granola Bars 1% Milk	Blueberry Muffin 100% Variety Fruit Juice	Teddy Gram 1% Milk	Chocolate Chips Cookies 1% Milk	
Monday, April 18	Tuesday, April 19	Wednesday, April 20	Thursday, April 21	Friday, April 22
Apple Sauce Cheese stick	Whale Cheddar Cheese Crackers 1% Milk	Corn Muffin 100% Variety Fruit Juice	Mini Croissant and Jelly 1% Milk	Yogurt Granola bar
Monday, April 25	Tuesday, April 26	Wednesday, April 27	Thursday, April 28	Friday, April 29
Animal Crackers 1% Milk	Chocolate Chips Cookies 1% Milk	Granola Bars 1% Milk	Whale Cheddar Cheese Crackers 1% Milk	Whale Cheddar Cheese Crackers 1% Milk

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April 2016 Vegetarian

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				Friday, April 1
Global Child Nutrition Month National Garden Month Earth Day (April 22)				Vegetarian Patty W.W. Bun Carrot Salad Fresh Seasonal Fruit
Monday, April 4	Tuesday, April 5	Wednesday, April 6	Thursday, April 7	Friday, April 8
4 Vegetable Teriyaki Whole Grain Rice Tomato, Carrot & Cucumber salad 100% Variety Fruit Juice	5 Whole Grain Vegetarian Macaroni Spinach and Romaine Salad	6 Eggplant Parmesan Whole Grain Bread Mashed Potatoes Fresh Seasonal Fruit	7 Vegetarian Stew Mashed Potatoes Whole Grain Bread Garbanzo, onion tomatoes Fresh Seasonal Fruit	8 Vegetarian Meat Sandwich Whole Wheat Bread Celery and Carrot Fresh Seasonal Fruit
Monday, April 11	Tuesday, April 12	Wednesday, April 13	Thursday, April 14	Friday, April 15
11 Vegetarian BBQ Whole Wheat Bun Steamed Green Peas 100% Variety Fruit Juice	12 Vegetarian Lasagna (Whole Grain Pasta) House Salad and Tomato Fresh Seasonal Fruit	13 Veggie Burger Whole Wheat Bun Steamed Zucchini Fresh Seasonal Fruit	14 Asian Inspired Vegetarian Sausage Brown Rice and Peppers Sweet Potatoes Fresh Seasonal Fruit	15 Vegetarian Patty W.W. Bun Chick Pea Tomato Salad Celery, Carrot Fresh Seasonal Fruit
Monday, April 18	Tuesday, April 19	Wednesday, April 20	Thursday, April 21	Friday, April 22
18 Whole Grain Spaghetti and Marina- ra Sauce Steamed Zucchini Fresh Seasonal Fruit	19 Whole Grain Vegetarian "Chicken" Nuggets Steamed Carrots and Green Peas Fresh Seasonal Fruit	20 Whole Grain Rice, Vegetarian Jambalaya Chick Peas Tossed Salad 100% Variety Fruit Juice	21 Whole Grain Vegetarian Pizza Steamed Broccoli Fresh Seasonal Fruit	22 Vegetarian Meat Sandwich Whole Wheat Bread Spinach, Tomato and Ro- maine Salad Fresh Seasonal Fruit
Monday, April 25	Tuesday, April 26	Wednesday, April 27	Thursday, April 28	Friday, April 29
25 Vegetarian Tacos (Whole Grain Soft Shell) Steamed Corn and Onions Lettuce and Tomato Salad Fresh Seasonal Fruit	26 Cheese Quesadilla Whole Grain Tortilla Steamed Carrots Fresh Seasonal Fruit	27 Vegetarian Hot-Dog Whole Wheat Bun Romaine and Tomato Sal- ad 100% Fruit Juice	28 Vegetarian Alfredo on Whole Grain Pasta Baked Beans Fresh Seasonal Fruit	29 Vegetarian Patty W.W. Bun Celery and Cauliflower Fresh Seasonal Fruit

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