


Menus for April 2017

Person County Elementary & Middle Schools

Monday, April 3	Tuesday, April 4	Wednesday, April 5	Thursday, April 6	Friday, April 7
<p>Choose 1: Pizza Sticks (w/ Marinara Sauce) Fish Nuggets (w/ Hushuppies)</p> <p>Choose 1 or more: Broccoli w/ Cheese Sauce Carrot Coins Mixed Fruit</p> <p>Breakfast Entrée Mini French Toast</p>	<p>Choose 1: Hotdog (with Chili) Pork BBQ Sandwich</p> <p>Choose 1 or more: Vegetarian Beans French Fries Apple Cobbler</p> <p>Breakfast Entrée Doughnut</p>	<p>Choose 1: Spaghetti w/ Meat Sauce (w/ Breadstick) Chicken Tenders (w/ Breadstick)</p> <p>Choose 1 or more: Steamed Cabbage Green Peas Peaches</p> <p>Breakfast Entrée Sausage Dog</p>	<p>Choose 1: Taco Salad Pork Choppette Sandwich</p> <p>Choose 1 or more: Lettuce & Tomato Collards Strawberries</p> <p>Breakfast Entrée Sweet Potato Roll</p>	<p>Choose 1: Pepperoni Pizza Turkey & Cheese Sandwich</p> <p>Choose 1 or more: Sweet Potato Soufflé Green Beans Pear Slices</p> <p>Breakfast Entrée Apple Pocket</p>
Monday, April 10	Tuesday, April 11	Wednesday, April 12	Thursday, April 13	Friday, April 14
				
Monday, April 17	Tuesday, April 18	Wednesday, April 19	Thursday, April 20	Friday, April 21
<p>Choose 1: Cheeseburger Chicken and Waffles</p> <p>Choose 1 or more: Potato Rounds Broccoli w/ cheese sauce Mixed Fruit</p> <p>Breakfast Entrée Breakfast Pizza</p>	<p>Choose 1: BBQ Rib Sandwich Corn dog Nuggets</p> <p>Choose 1 or more: Steamed Cabbage Sweet Potatoes Blueberry Cobbler</p> <p>Breakfast Entrée Mini Pancakes</p>	<p>Choose 1: Meatballs & Gravy (w/ Rice and Roll) Chicken Nuggets (w/ roll)</p> <p>Choose 1 or more: Green Beans Carrot Coins Peaches</p> <p>Breakfast Entrée Sausage Biscuit</p>	<p>Choose 1: Chicken Mashed Potato Bowl (w/ Gravy and Roll) Hot Ham and Cheese</p> <p>Choose 1 or more: Fresh Veggies w/Dressing Green Peas Fresh Fruit</p> <p>Breakfast Entrée Muffins</p>	<p>Choose 1: Pepperoni Pizza Chicken Fillet Sandwich</p> <p>Choose 1 or more: Seasoned Corn Black-eyed Beans Pear Slices</p> <p>Breakfast Entrée Banana Bread</p>

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.

Get involved:

- Join us in the cafeteria, in the classroom and on the playground during *Every Kid Healthy Week* to help schools celebrate healthy school environments.
- Take the *Every Kid Healthy* pledge. Join the movement to end childhood obesity.
- Find more info and how you can help at www.actionforhealthykids.org.

Menus for April 2017

Person County Elementary & Middle Schools

Monday, April 24	Tuesday, April 25	Wednesday, April 26	Thursday, April 27	Friday, April 28
<p>Choose 1: Chicken Fajita <u>or</u> Cheesy Meatball Sub</p> <p>Choose 1 or more: California Blend Pinto Beans Mixed Fruit</p> <p>Breakfast Entrée Cherry Strudel</p>	<p>Choose 1: Loaded Nacho Fries (w Rolls) Chicken Burrito</p> <p>Choose 1 or more: Black-eye Peas Sweet Potatoes Apple Cobbler</p> <p>Breakfast Entrée Cinnamon Bun</p>	<p>Choose 1: Sloppy Joe on WG Bun Salisbury Steak (w/ Rolls)</p> <p>Choose 1 or more: Whipped Potatoes (w/ Gravy) Green Beans Peaches</p> <p>Breakfast Entrée Chicken Biscuit</p>	<p>Choose 1: Teriyaki Chicken Bowl Turkey Sandwich</p> <p>Choose 1 or more: Fresh Veggies w/Dressing Green Peas Fresh Fruit</p> <p>Breakfast Entrée Bagel Bar</p>	<p>Choose 1: Cheese Pizza Hot Ham & Cheese</p> <p>Choose 1 or more: Salsa w/ Chips Collards Pear Slices</p> <p>Breakfast Entrée Mini Waffles</p>
May 1	May 2	May 3	May 4	May 5
<p>Choose 1: Pizza Sticks (w/ Marinara Sauce) Chicken Tenders (w/ Biscuit and Gravy)</p> <p>Choose 1 or more: Broccoli w/ Cheese Sauce Carrot Coins Mixed Fruit</p> <p>Breakfast Entrée Mini French Toast</p>	<p>Choose 1: Hotdog (with Chili) Pork BBQ Sandwich</p> <p>Choose 1 or more: Vegetarian Beans French Fries Blueberry Cobbler</p> <p>Breakfast Entrée Doughnut</p>	<p>Choose 1: Spaghetti w/ Meat Sauce (w/ Breadstick) Fish Nuggets (w/ Hushpuppies)</p> <p>Choose 1 or more: Steamed Cabbage Green Peas Peaches</p> <p>Breakfast Entrée Sausage Dog</p>	<p>Choose 1: Taco Salad Pork Choppette Sandwich</p> <p>Choose 1 or more: Lettuce & Tomato Collards Strawberries</p> <p>Breakfast Entrée Sweet Potato Roll</p>	<p>Choose 1: Pepperoni Pizza Turkey & Cheese Sandwich</p> <p>Choose 1 or more: Sweet Potato Soufflé Green Beans Pear Slices</p> <p>Breakfast Entrée Apple Pocket</p>

Note: Availability of food, early release days and special school situations may require changes in menus without notice.

*Assorted low-fat milk available for all meals

* All grains served at meals are whole grain rich unless otherwise noted*

Eat a Rainbow– choose a variety of fruits and vegetables!

*Dark Green Vegetable *Red/Orange Vegetable *Legume Vegetable

◆ *Tossed Salads and soups provide a variety of vegetables

April

- Global Child Nutrition Month
- National Garden Month
- Earth Day (April 22)



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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<http://childnutrition.ncpublicschools.gov>