

# Menus for April 2019

**Phenix City Schools Elem School  
Breakfast Free Daily! Lunch \$2.50**

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



*Available Daily*

**Breakfast includes a choice of cereal made from healthy whole grains, fruit, 100% Juice and choice of low fat milk Lunch includes variety of lowfat milk choices. Sb&J daily A LA CARTE ITEMS INCL. CHIPS, CRACKERS, MUFFINS, ICE CREAM MISC. Daily for Extra Charge**

**MENU SUBJECT TO CHANGE**

## YOU'RE GETTING WARM.

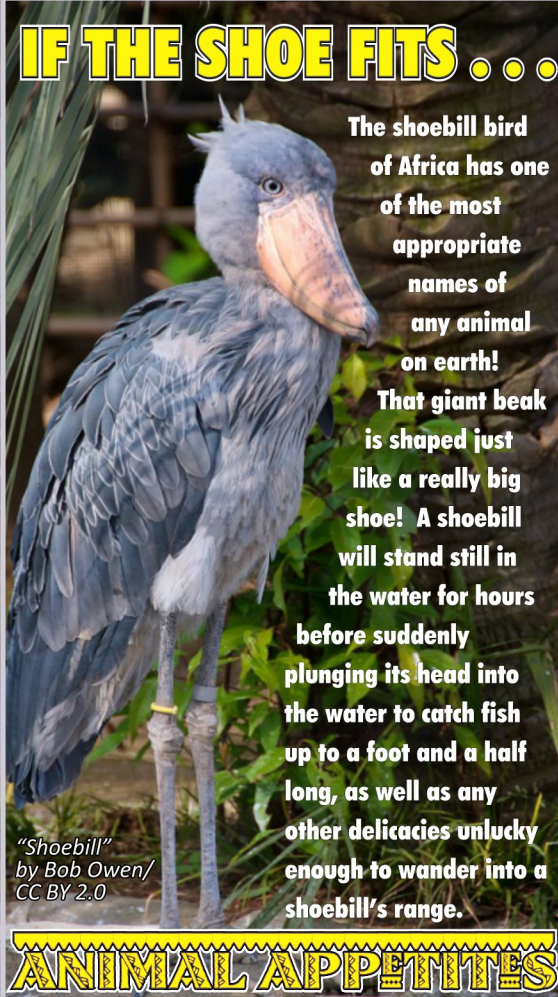


One of the best ways to avoid getting hurt – playing a sport, in gym class, and even on the playground – is to stretch out a little first and start off slowly before you go all out.



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

### IF THE SHOE FITS . . .



The shoebill bird of Africa has one of the most appropriate names of any animal on earth! That giant beak is shaped just like a really big shoe! A shoebill will stand still in the water for hours before suddenly plunging its head into the water to catch fish up to a foot and a half long, as well as any other delicacies unlucky enough to wander into a shoebill's range.

"Shoebill"  
by Bob Owen/  
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### ANIMAL APPETITES

Monday, April 1

**Breakfast**

Ham & Cheese  
Croisan'wich  
Pineapple

**Lunch**

Chicken Nuggets & Roll  
Mashed Potatoes  
Broccoli  
Variety of Vegetables  
Chilled Peaches

Tuesday, April 2

**Breakfast**

Yogurt Cup  
Peaches

**Lunch**

Nachos  
Salsa Bar  
Refried Beans  
Mexicali Corn  
Seasonal Fresh Fruit

Wednesday, April 3

**Breakfast**

Cinnamon Oatmeal  
Sausage, Pears

**Lunch**

Roast Turkey & Gravy  
Dinner Roll  
Glazed Carrots  
Variety of Vegetables  
Applesauce

Thursday, April 4

**Breakfast**

Egg & Cheese Omelet  
Fresh Fruit

**Lunch**

Pulled Pork Sandwich  
Green Beans  
Potato Wedges  
Mixed Fruit

Friday, April 5

**Breakfast**

French Toast & Sausage  
Mixed Berries

**Lunch**

Cheese Pizza  
Ham Chef Salad  
Carrots & Ranch  
Sweet Peas  
Chilled Peas

Monday, April 8

**Breakfast**

Managers Choice  
Breakfast  
Chilled Peaches

**Lunch**

Chicken Patty Sandwich  
w/Let & Tom  
Steamed Corn  
Broccoli  
Variety of Fruit

Tuesday, April 9

**Breakfast**

Pancakes  
Fruit Variety

**Lunch**

Hotdog or Turkey & Cheese Sandwich  
w/Let & Tom  
Baked Beans  
Peas & Carrots  
Fruit Cocktail

Wednesday, April 10

**Breakfast**

Grits & Toast  
Scrambled Eggs  
Fruit Variety

**Lunch**

Beefy Mac w/ Garlic Breadstick  
Mixed Vegetables  
Spring Garden Salad  
Fruit Sorbet

Thursday, April 11

**Breakfast**

Breakfast Pizza  
Chilled Peas

**Lunch**

Chicken Tenders or Country Fried Steak,  
Dinner Roll  
Mashed Potatoes & Gravy  
Glazed Carrots  
Variety of Fruit

Friday, April 12

**Breakfast**

Waffle Sticks  
Blueberries

**Lunch**

Pepperoni Pizza  
Grill Chicken Salad w/  
Breadstick  
Home Style Green Beans  
Mixed Vegetables  
Chilled Peaches



Monday, April 15

**Breakfast**

Yogurt & Muffin  
Strawberries

**Lunch**

Chicken Nuggets  
& Roll  
Mashed Potatoes &  
Gravy  
Green Beans  
Fruity Cocktail

Tuesday, April 16

**Breakfast**

Chicken Biscuit  
Chilled Pears

**Lunch**

Soft Taco  
Salsa Bar  
Refried Beans  
Mexicali Corn  
Seasonal Fresh Fruit

Wednesday, April 17

**Breakfast**

Ham & Cheese  
Croisan'wich  
Cinnamon Apples

**Lunch**

Hamburger or  
Cheeseburger  
Seasoned Carrots  
Oven Baked Fries  
Chilled Peaches

Thursday, April 18

**Breakfast**

French Toast & Sausage  
Seasonal Fresh Fruit

**Lunch**

Oven Fried Chicken  
Cornbread  
Turnip Greens  
Black Eyed Peas  
Chilled Pears

Friday, April 19

Good  
Friday

No  
School  
Today



What's on  
**YOUR**  
plate?



**Q: What's the GOOFIEST thing about a GOOBER?**



**A:** "Goober" is another name for a peanut, and the goofiest thing about a peanut is that it's not really a nut at all! Peanuts are really beans that grow under ground. Real nuts are sometimes called "tree nuts."

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, April 22

**Breakfast**

Waffle Sticks  
Pears

**Lunch**

Cheeseburger or Hotdog  
Lettuce & Tomato  
Baked Beans  
Variety of Vegetables  
Strawberries

Tuesday, April 23

**Breakfast**

Grits & Toast  
Scram. Eggs Blueberries

**Lunch**

Asian Chicken w Lo Mein  
Or Turkey & Cheese Sub  
To Go Meal  
Stir Fry Vegetables  
Baby Carrots & Ranch  
Chilled Peaches

Wednesday, April 24

**Breakfast**

Breakfast Pizza  
Mixed Fruit

**Lunch**

**#WingWednesday**  
Buffalo Chicken Wings  
Oven Baked Fries  
Carrots & Celery Sticks  
w/ Ranch  
Dinner Roll  
Fruit Cocktail

Thursday, April 25

**Breakfast**

Sausage Biscuit  
Seasonal Fresh Fruit

**Lunch**

Chicken Tenders  
Dinner Roll  
Mashed Potatoes & Grv.  
Steamed Peas  
Blueberries

Friday, April 26

**Breakfast**

Pancakes  
Sliced Peaches

**Lunch**

Pepperoni Pizza  
Chef Turkey Chef Salad  
w/Breadstick  
Sweet Corn  
Spring Garden Salad  
Chilled Pears

Monday, April 29

**Breakfast**

Ham & Cheese  
Croisan'wich  
Pineapple

**Lunch**

Chicken Nuggets & Roll  
Dinner Roll  
Mashed Potatoes  
Broccoli  
Chilled Peaches

Tuesday, April 30

**Breakfast**

Yogurt Cup  
Peaches

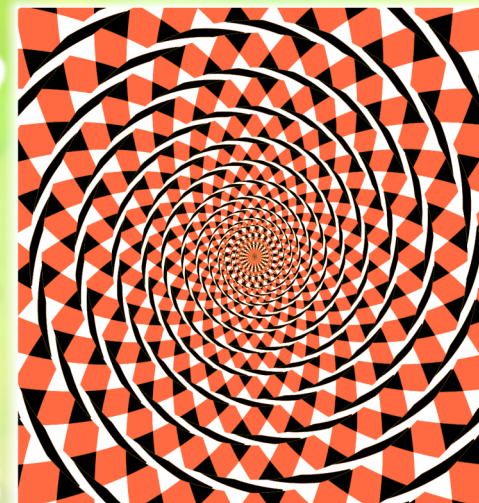
**Lunch**

Nachos  
Salsa Bar  
Refried Beans  
Mexicali Corn  
Seasonal Fresh Fruit

**NUTRITION TO GO**

Experts recommend that we eat at least 20-30 grams of fiber a day -- but most Americans consume less than half that much. Good sources are grains, fruits, vegetables, and beans. Check the labels on foods, like your favorite breakfast cereal -- some cereals provide ten or more grams of fiber per bowl, but shoot for at least three.

**A QUICK BITE FOR PARENTS**



**Only an Illusion**

This image might look like a spiral, but it's not -- it's a series of circles. The background makes it APPEAR to be a spiral. Try tracing one of the lines if you're not convinced. You won't move inward or outward -- you'll just go around in a circle.