

# Menus for April 2019

Steger Primary Center

Menus are subject to change.



**PLEASE  
STAY  
ALERT!**

THE FIRST OF APRIL IS  
APRIL FOOLS DAY!  
DON'T BE FOOLED!

PLEASE SEE THE OTHER  
PAGE FOR A LIST OF THE  
GREATEST APRIL FOOLS  
TRICKS OF ALL TIME!



## 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

**NO  
SCHOOL**

Tuesday, April 2

**Breakfast**  
Cereal Bar

**Lunch**  
Pancakes and Sausage  
OR  
Chef Salad

Hashbrown  
Juice  
Milk

Wednesday, April 3

**Breakfast**  
Breakfast Pizza

**Lunch**  
Taco Pie  
OR  
Turkey and Cheese Plate

Spinach Salad  
Fruit  
Milk

Thursday, April 4

**Breakfast**  
Cinnamon Rolls

**Lunch**  
Corn Dogs  
OR  
Ham Roll-Up

Cabbage  
Juice  
Milk

Friday, April 5

**Breakfast**  
Cereal Bar

**Lunch**  
Cheese Pizza  
OR  
Jammer

Carrots  
Fruit  
Milk

Monday, April 8

**Breakfast**  
Cereal Bar

**Lunch**  
Chicken Nuggets W/ Roll  
OR  
Ham and Cheese Plate

Green Beans  
Fruit  
Milk

Tuesday, April 9

**Breakfast**  
Pancakes

**Lunch**  
Pretzel W/ Cheese  
OR  
Turkey and Cheese Sandwich

Side Salad  
Juice  
Milk

Wednesday, April 10

**Breakfast**  
Breakfast Pizza

**Lunch**  
Salisbury Steak  
OR  
Ham and Cheese Wrap

Mashed Potato  
Fruit  
Milk

Thursday, April 11

**Breakfast**  
Omelet W/ Cheese

**Lunch**  
Chicken and Rice Bowl  
OR  
Chicken Ranch Wrap

Refried Beans  
Juice  
Milk

Friday, April 12

**Breakfast**  
Cereal Bar

**Lunch**  
Cheese Pizza  
OR  
Jammer

Butternut Squash  
Fruit  
Milk



Monday, April 15

**Breakfast**

Cereal Bar

**Lunch**

Hamburger on a Bun  
OR  
Ham and Cheese Sandwich

Sweet Potato Fries  
Fruit  
Milk

Tuesday, April 16

**Breakfast**

Waffles

**Lunch**

Grilled Cheese Sandwich  
OR  
Turkey and Cheese Sandwich

Side Salad  
Juice  
Milk

Wednesday, April 17

**Breakfast**

Breakfast Pizza

**Lunch**

Beef and Cheese Nacho  
OR  
Turkey and Cheese Plate

Broccoli  
Fruit  
Milk

Thursday, April 18

**Breakfast**

Cereal Bar

**Lunch**

Hotdog on a Bun  
OR  
Ham Roll-Up

Baked Beans  
Juice  
Milk

Friday, April 19

**NO**

**SCHOOL**



What's on  
**YOUR**  
plate?

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

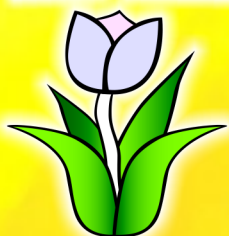


**A:** "Goober" is another name for a peanut, and the goofiest thing about a peanut is that it's not really a nut at all! Peanuts are really beans that grow under ground. Real nuts are sometimes called "tree nuts."

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)

**S P R I N G**

**B R E A K**



Break begins at the end of classes:  
**Friday, April 18**

Classes resume:  
**Monday, April 29**

Monday, April 29

**Breakfast**

Cereal Bar

**Lunch**

Chicken Tenders W/ Roll  
OR  
Ham and Cheese Plate

Carrots  
Fruit  
Milk

Tuesday, April 30

**Breakfast**

Pancakes

**Lunch**

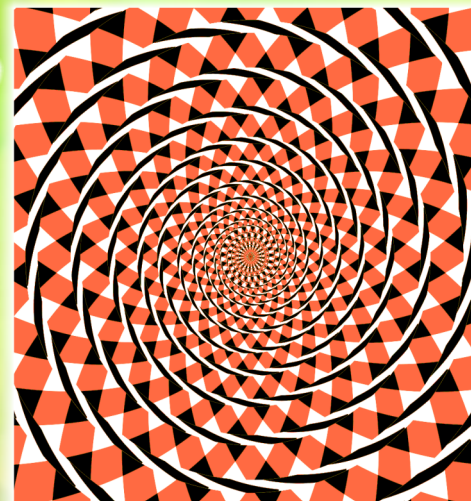
Meatball and Breadstick  
OR  
Turkey and Cheese Sandwich

Italian Green Beans  
Juice  
Milk

**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.