

Menus for April 2019

Columbia Central

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
Chicken Enchilada
OR
Beef and Cheese Taco

Black Beans
Fruit
Milk

Wednesday, April 3

Breakfast
Breakfast Pizza

Lunch
Chicken Parmesan Salad
OR
Hot Ham and Cheese

Spinach Salad
Fruit
Milk

Thursday, April 4

Breakfast
Cinnamon Rolls

Lunch
Pizza Day

Cabbage
Fruit
Milk

Friday, April 5

Breakfast
Cereal Bowl

Lunch
Chef's Choice

Monday, April 8

Breakfast
Cereal Bar

Lunch
Chicken Nuggets
OR
Meatball Sub

Green Beans
Fruit
Milk

Tuesday, April 9

Breakfast
Pancakes

Lunch
Walking Taco
OR
Corn Dog

Refried Beans
Fruit
Milk

Wednesday, April 10

Breakfast
Breakfast Pizza

Lunch
Pizza Day

Mashed Potato
Fruit
Milk

Thursday, April 11

Breakfast
Egg and Sausage Tornado

Lunch
Chicken Potato Bowl
OR
Boneless Buffalo Wings

Side Salad
Fruit
Milk

Friday, April 12

Breakfast
Cereal Bowl

Lunch
Chef's Choice

Monday, April 15

Breakfast

Cereal Bar

Lunch

Chicken Patty
OR
Bosco Sticks

Sweet Potato Fries
Fruit
Milk

Tuesday, April 16

Breakfast

Waffles

Lunch

Beef and Cheese Nacho
OR
Ham and Cheese Panini

Celery
Fruit
Milk

Wednesday, April 17

Breakfast

Breakfast Pizza

Lunch

Cowboy Cavatini
OR
Chicken Ranch Wrap

Broccoli
Fruit
Milk

Thursday, April 18

Breakfast

Cereal Bowl

Lunch

Chef's Choice

Friday, April 19

NO

SCHOOL



**What's on
YOUR
plate?**



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

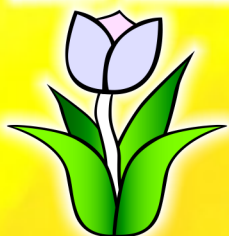


A: "Goober" is another name for a peanut, and the goofiest thing about a peanut is that it's not really a nut at all! Peanuts are really beans that grow under ground. Real nuts are sometimes called "tree nuts."

Learn more at www.CHOOSEMYPLATE.gov or 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 19**

**Classes resume:
Monday, April 29**

Monday, April 29

Breakfast

Cereal Bar

Lunch

Chicken Nuggets
OR
Buffalo Chicken Sandwich

Mashed Sweet Potatoes
Fruit
Milk

Tuesday, April 30

Breakfast

Pancakes

Lunch

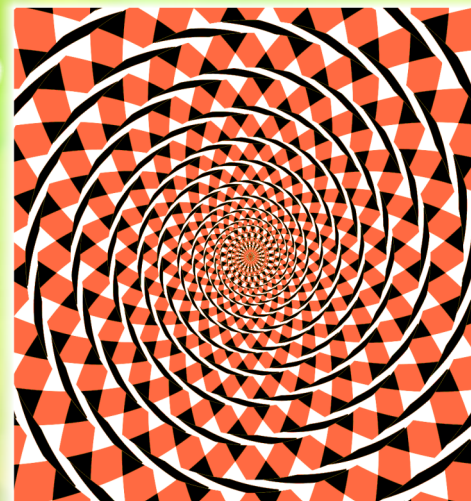
Cheesy Bean Twister
OR
Breaded Pork Chop

Italian Green Beans
Fruit
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.