

Menus for APRIL

Eau Claire Area School District Elementary

This is an equal opportunity provider and employer.



Wednesday, April 1

Breakfast
Strawberry-Kiwi Juice
Chilled Pears
Scrambled Eggs w/
Ham on Flatbread

Lunch
Sloppy Joe on a Bun
OR
Lite Hot Dog on a Bun

Bush's Baked Beans
Baby Carrots
Chilled Peaches

Thursday, April 2

Breakfast
Mixed Berry Juice
Mixed Fruit
Waffles

Lunch
Cheeseburger
Macaroni Casserole
w/ Breadstick

OR
Oven Baked Mini
Corn Dogs
Green Peas
Cauliflower Buds
Mandarin Oranges

Friday, April 3



No School Today

STATE OF MIND.

Physical activity isn't just good for your body. Regular exercise has been shown to help guard the mind against depression, too.



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

Monday, April 6

Breakfast
Orange-Tangerine Juice
Mixed Fruit
Cereal & Toast

Lunch
Hot Roast Beef & Cheese on a Bun
OR
Cheesy Breadsticks

Tomato Soup
Tossed Green Salad
Chilled Pears

Tuesday, April 7

Breakfast
Apple Juice
Chilled Peaches
Cinnamon Breakfast Roll & String Cheese

Lunch
Walking Taco
OR
Oven Baked Fish Sticks w/ Breadstick

Seasoned Refried Beans
Cucumber Slices
Mandarin Oranges

Wednesday, April 8

Breakfast
Strawberry-Kiwi Juice
Pineapple Tidbits
Pancake & Sausage on a Stick

Lunch
Cheese or Sausage Pizza
OR
Turkey & Cheese on a Bun

Whole Kernel Corn
Celery Sticks
Fresh Apple

Thursday, April 9

Breakfast
Mixed Berry Juice
Seedless Grapes
Cheese Omelet & Toast

Lunch
Oven Baked Chicken Nuggets
OR
Italian Dunkers

Tossed Green Salad
Broccoli & Cheese Sauce
Chilled Peaches

Friday, April 10

Breakfast
White Grape Juice
Chilled Pears
Cereal & Assorted Muffins

Lunch
Cinnamon Glazed French Toast w/ Sausage Patty
OR
Ham & Cheese Omelet Flatbread

Oven Baked Tator Tots
Baby Carrots
Applesauce

Available Daily

Yogurt, Benefit Bar & string cheese available for lunch on Tuesdays.
Yogurt, muffin & string cheese available for lunch on Thursdays.
Cheese Sandwiches offered daily at Flynn, Manz, Robbins, & Roosevelt. Peanut butter sandwiches offered at all other sites.
All menus subject to change due to availability.
Student choices may be limited to one entrée.

Note: in order to reduce total fat content of meals, some meat entrees may contain poultry or soy.

Specific information regarding product ingredients may be obtained from the Food & Nutrition Office.

****Breakfast served at all schools.**

Breakfast \$0.95 Lunch \$2.60

We provide free & reduced-price meals

(\$0.30 for breakfast, \$0.40 for lunch)

for eligible students. Students eligible

for free lunch are also eligible for free breakfast.

Please call your school for details.



Monday, April 13

Breakfast
Orange-Tangerine Juice
Applesauce
Waffle Sticks

Lunch
Oven Baked Chicken Strips
OR
Cheeseburger on a Bun

Bush's Baked Beans
Broccoli Florets
Mandarin Oranges

Tuesday, April 14

Breakfast
Apple Juice
Pineapple Tidbits
Yogurt Parfait & Strawberries w/ Goldfish PhysEdibles

Lunch
Chow Mein w/ Steamed Rice
OR
Oven Baked Corn Dog

Green Beans
Baby Carrots
Seedless Grapes

Wednesday, April 15

Breakfast
Strawberry-Kiwi Juice
Banana
Scrambled Eggs w/ Ham & Toast

Lunch
Chicken Taco Salad
OR
Lite Hot Dog on a Bun

Oven Baked Tator Tots
Cauliflower Buds
Chilled Peaches

Thursday, April 16

Breakfast
Mixed Berry Juice
Chilled Pears
Cinnamon Glazed French Toast Sticks

Lunch
Grilled BBQ Chicken Nuggets w/ Breadstick
OR
Cheese Quesadilla

Carrot Coins
Cucumber Slices
Frozen Fruit Juice Cup

Friday, April 17

Breakfast
White Grape Juice
Kiwi
Cereal & Breakfast Bar

Lunch
Cheese Pizza
OR
Oven Baked Chicken Patty on a Bun

Whole Kernel Corn
Tossed Green Salad
Chilled Strawberries

Only an Illusion

Remember a few weeks ago when the argument between people who saw the black and blue dress and those who saw the gold and white dress almost shut down the internet?

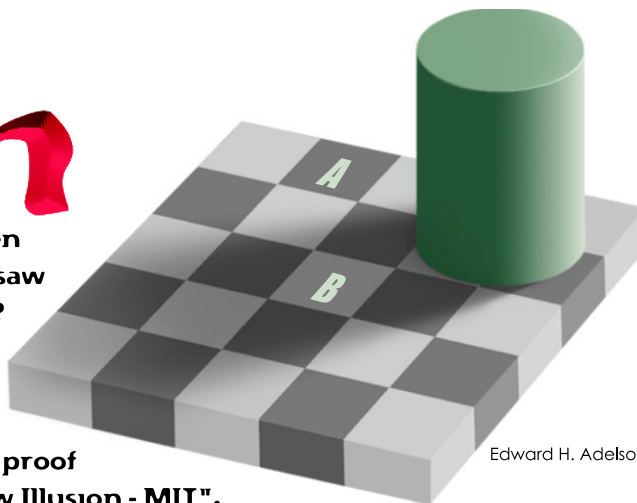
Here's another one for you: the "Adelson Checkerboard Illusion."

Do you think the two squares labeled

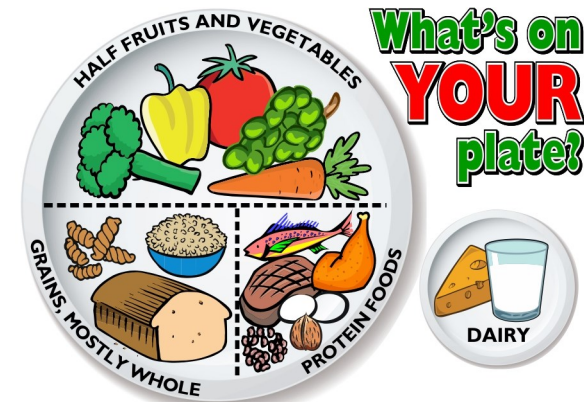
A and B are different shades of gray? Guess what?

They're the same color! If you're interested, you can see proof

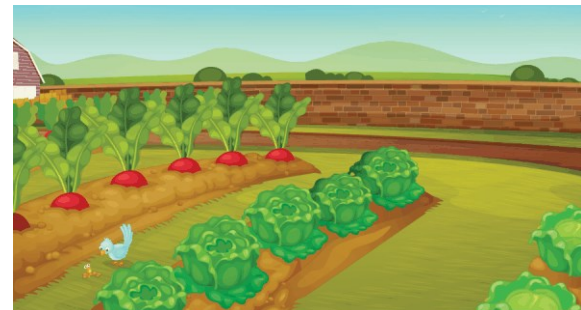
and learn more by searching on line for "Checkershadow Illusion - MIT".



Edward H. Adelson



WHAT I have a head but cannot think.
I have eyes but cannot see.
AM I? I have ears but cannot hear.
I have ribs but no bones.



Answer: I'm a VEGETABLE GARDEN, planted with lettuce (heads), potatoes (eyes), corn (ears), and celery (ribs). YUMMY!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, April 20

Breakfast
Orange-Tangerine Juice
Chilled Peaches
Breakfast Bread & String Cheese

Lunch
Oven Baked Chicken Nuggets
OR
Cheesy Breadsticks
Baked Potato Wedges
Mixed Vegetables
Spiced Applesauce

Tuesday, April 21

Breakfast
Apple Juice
Seedless Grapes
Cereal & Assorted Muffins

Lunch
Oven Baked Fish Sticks w/ Breadstick
OR
Beef & Cheese Nachos
Whole Kernel Corn
Baby Carrots
Banana

Wednesday, April 22

Breakfast
Strawberry-Kiwi Juice
Mixed Fruit
Cheese Omelet & Toast

Lunch
Lite Hot Dog on a Bun
OR
Turkey & Cheese on a Bun
Bush's Baked Beans
Cucumber Slices
Strawberry Cup

Thursday, April 23

Breakfast
Mixed Berry Juice
Applesauce
Cinnamon Glazed French Toast

Lunch
Rotini w/ Chicken Alfredo
OR
Oven Baked Mini Corn Dogs
Green Peas
Tossed Green Salad
Chilled Peaches

Friday, April 24

Breakfast
White Grape Juice
Pineapple Tidbits
Cereal & Toast

Lunch
Oven Baked Chicken Strips
OR
BBQ Pork Rib on a Bun
Sweet Potato Crinkle Fries
Steamed Broccoli
Mandarin Oranges

Monday, April 27

Breakfast
Orange-Tangerine Juice
Chilled Peaches
Cereal & Breakfast Bar

Lunch
Grilled BBQ Chicken Nuggets w/ Breadstick
OR
Cheeseburger on a Bun
Whipped Potatoes
Baby Carrots
Mixed Fruit

Tuesday, April 28

Breakfast
Apple Juice
Banana
Cheese Omelet & Toast

Lunch
Italian Chicken Patty on a Bun
OR
Soft-Shell Tacos
Seasoned Refried Beans
Cucumber Slices
Chilled Pears

Wednesday, April 29

Breakfast
Strawberry-Kiwi Juice
Mixed Fruit
Pancake & Sausage on a Stick

Lunch
Cheese or Pepperoni Pizza
OR
Ham & Cheese on a Bun
Whole Kernel Corn
Broccoli Florets
Fresh Apple

Thursday, April 30

Breakfast
Mixed Berry Juice
Pineapple Tidbits
Yogurt Parfait & Strawberries w/ Goldfish PhysEdibles

Lunch
Spaghetti w/ Meat Sauce
OR
Oven Baked Corn Dog
Green Beans
Tossed Green Salad
Seedless Grapes

OUR NATION'S HISTORY

The first Earth Day took place 45 years ago this month on April 22, 1970.

Wisconsin Senator Gaylord Nelson, a Democrat, and California Congressman Pete McCloskey, a Republican, co-chaired events at schools, colleges, and parks across the U.S. that drew 20 million Americans outside on a Spring day to make a commitment to care for the environment. Earth Day is now celebrated in nearly 200 nations around the world.

WITH LIBERTY & JUSTICE FOR ALL