

ELEMENTARY LUNCH MENU

APRIL 2015



Growing an Eco Friendly Kitchen with Kids:

- ⇒ Make a Garden Together
- ⇒ Make and Use Cloth Napkins and Towels
- ⇒ Visit the Farmer's Market for Local Food
- ⇒ Buy and Eat Fruits and Veggies in season
- ⇒ Create a Compost Bin in Your Yard
- ⇒ Recycle Items Together as a Family Chore
- ⇒ Re-use Food Containers for Crafts



PRE - PAY FOR MEALS ONLINE



Lunch
Paid \$1.50
Milk \$0.40

Monday	Tuesday	Wednesday	Thursday	Friday
	Our menus are printed on 30% recycled paper 	1 Sweet & Sour Chicken Beef Teriyaki Dunkers Brown Rice Banana Baby Carrots	2 Beef Sliders Chicken Taquitos Ice Cup Refried Beans	3 No School Spring Recess April 3-10
6	7	8	9	10
← No School →			← No School →	
13 MEATLESS MONDAY OPTION: Cheese Breadsticks w/ Marinara Sauce Meatball Mini Hoagie Raisels BBQ Beans	14 Pork Rib Hoagie Chicken Nuggets Ketchup Peach Cup Broccoli Florets	15 Hamburger Ketchup/Mustard Grilled Cheese Sandwich Orange Wedges Seasoned Baked Fries	16 Orange Chicken Brown Rice Corndog Ketchup/Mustard 4oz Juice Corn	17 Cheese/Pepperoni Pizza Taco Pocket Taco Sauce Kiwi Fruit Baby Carrots
20 MEATLESS MONDAY OPTION: Bean & Cheese Burrito Turkey Nachos Raisels Chuckwagon Veggies	21 Lasagna Wheat Roll Crunchy Chicken Sandwich Ketchup/Mustard Strawberry Cup Jicama Sticks	22 Sloppy Joe Grilled Cheese Sandwich Banana Baked Beans 	23 Belgian Waffle Sticks Turkey Sausage Link Beef Rib Hoagie Orange Wedges Seasoned Baked Fries	24 Cheese/Pepperoni Pizza Chiminada Taco Sauce Kiwi Fruit Baby Carrots
27 MEATLESS MONDAY OPTION: Cheese Enchilada Breaded Chicken Wheat Roll Raisels Key Largo Veggies	28 Turkey Hot Dog Ketchup Chicken Fajita Flour Tortilla Peach Cup Green Beans	29 Sweet & Sour Chicken Beef Teriyaki Dunkers Brown Rice Banana V Blend Juice	30 Beef Sliders Chicken Taquitos Orange Wedges Refried Beans	

A choice of 1% milk and nonfat chocolate milk offered with all lunches. Please enjoy the salad bar.
 *** Menu subject to change***

Eco-Trivia Questions

- 30 hectares of tropical rainforest are being destroyed every: A) Second B) Minute C) Hour D) Day
- Over a billion trees are used to make what? A) Paper B) Disposable Diapers C) Toilet Paper D) Wood
- Every ton of recycled paper saves about how many trees? A) 2 B) 15 C) 17 D) 10

Answers: 1. B 2. B 3. C

ELEMENTARY BREAKFAST MENU

APRIL 2015



Remember, trash is not always garbage. Many items can be reduced, reused, or recycled to help the environment.

Here are just a few tips on how you can help protect our earth:

Reduce paper use!

Use both sides of your paper in notebooks.

Conserve Water!

Remember to turn off the water while you are brushing your teeth.

Turn off Electronic Devices!

Turning off your TV, DVD player, stereo, or unplugging your ipod and cell phone charger when not in use will help reduce carbon in the air.

Plant a Tree!

A single tree will absorb one ton of carbon dioxide over its lifetime.

Monday	Tuesday	Wednesday	Thursday	Friday
	Our menus are printed on 30% recycled paper 	1 Mini Strawberry Bagel 100% Fruit Juice Fresh Fruit	2 Egg & Cheese Omelet & Biscuit 100% Fruit Juice Fresh Fruit	3 No School Spring Recess April 3-10
6	7	8	9	10
← No School →			← No School →	
13	14	15	16	17
Pan Dulce 100% Fruit Juice Fresh Fruit	Turkey Sausage Pizza 100% Fruit Juice Fresh Fruit	Cranberry Orange Scone 100% Fruit Juice Fresh Fruit	Sausage & Cheese Bagel 100% Fruit Juice Fresh Fruit	Pancake & Sausage Stick 100% Fruit Juice Fresh Fruit
20	21	22	23	24
Coffee Cake 100% Fruit Juice Fresh Fruit	Cinnamon French Toast 100% Fruit Juice Fresh Fruit	Chicken Sausage Biscuit 100% Fruit Juice Fresh Fruit 	Mixed Berry Muffin Bread 100% Fruit Juice Fresh Fruit	Sausage Egg & Cheese Bites 100% Fruit Juice Fresh Fruit
27	28	29	30	
Fruit Yogurt Cereal Bar 100% Fruit Juice Fresh Fruit	Coffee Cake 100% Fruit Juice Fresh Fruit	Mini Strawberry Bagel 100% Fruit Juice Fresh Fruit	Egg & Cheese Omelet & Biscuit 100% Fruit Juice Fresh Fruit	Where are you on Earth Right Now? #GLOBALSELFIE EARTH DAY 4.22.14

DAILY ENTRÉE CHOICES: WG Cereal & WG Crackers; WG Banana Bread
 A choice of 1% white and nonfat chocolate milk offered with all breakfasts.
 MENU SUBJECT TO CHANGE

Breakfast
Paid \$1.00
Milk \$0.40

Eco-Trivia Questions

1. Plastic soft drink bottles can be recycled into all but A) Auto Parts B) Tennis Balls C) Food Containers
2. What percent of trash is from packaging? A) 10% B) 2% C) 30% D) 60%
3. What country has the greatest number of bicycles per person? A) India B) Japan C) Australia D) China

Answers: 1. C Only new plastic can be used for food or beverage containers. 2. C 3. B

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