APRIL

MONDAY
B: Cheerios, Wheat Toast, Oranges, Milk
L: Pizza, Corn, Peaches, Milk
S: Cheddar Cheese Cubes and Saltine Crackers

TUESDAY
B: Egg Omelet, Wheat Toast, Oranges, Milk
L: Grilled Chicken Nuggets, Orzo Spinach, Pears, Wheat Roll, Milk
S: Pineapple

WEDNESDAY
B: Turkey Sausage, Wheat Toast, Bananas, Milk
L: Chicken Alfredo, Carrots, Mixed Fruit, Wheat Bread, Milk
S: Applesauce

THURSDAY
B: Cheerios, Wheat Toast, Bananas, Milk
L: Grilled Chicken Nuggets, Corn, Pears, Wheat Roll, Milk
S: Fresh Strawberries

FRIDAY
B: Boiled Egg, Wheat Toast, Mozzarella Cheese, Milk
L: Turkey and Cheese Sandwich, Sweet Potato Fries, Applesauce, Milk
S: Sugar Free Jello

SPECIAL ANNOUNCEMENTS

GOOD EATS AT:
Callie Child Development Program
Products Made with 100% Whole Grain

- Veggie Meals
  - 4/1 Toasted Cheese
  - 4/4 Pizza
  - 4/5 Veggie Sub
  - 4/6 Sweet and Sour Veggie Nuggets
  - 4/7 Spaghetti and Marinara Sauce
  - 4/8 Garden Veggie Burger
  - 4/11 Veggie Nuggets
  - 4/12 Cheesy Tacos
  - 4/13 Alfredo and Noodles
  - 4/14 Veggie Nuggets
  - 4/15 Toasted Cheese
  - 4/18 Pizza
  - 4/19 Cheesy Quesadilla
  - 4/21 Tofu w/ Marinara Sauce
  - 4/22 Toasted Cheese
  - 4/23 Cheese Quesadilla
  - 4/24 Spaghetti w/ Marinara Sauce
  - 4/25 Cheese Ravioli
  - 4/26 Spaghetti w/ Marinara Sauce
  - 4/27 Veggie Sub
  - 4/28 Cheese Ravioli
  - 4/29 Hummus and Cucumber sandwich

TUESDAY
B: Egg Omelet, Wheat Toast, Oranges, Milk
L: Grilled Chicken Nuggets, Orzo Spinach, Pears, Wheat Roll, Milk
S: Pineapple

WEDNESDAY
B: Turkey Sausage, Wheat Toast, Bananas, Milk
L: Chicken Alfredo, Carrots, Mixed Fruit, Wheat Bread, Milk
S: Applesauce

THURSDAY
B: Cheerios, Wheat Toast, Bananas, Milk
L: Grilled Chicken Nuggets, Corn, Pears, Wheat Roll, Milk
S: Fresh Strawberries

FRIDAY
B: Boiled Egg, Wheat Toast, Mozzarella Cheese, Milk
L: Turkey and Cheese Sandwich, Sweet Potato Fries, Applesauce, Milk
S: Sugar Free Jello
IT’S APRIL! Treat yourself to nature’s fast food—vitamin packed fruits like fresh peaches that you can just wash and eat. They’re part of the Great Plate of Texas!

SUBJECT: Peaches  CATEGORY: Fruit  GROWING REGIONS: East Texas, Central Texas, North Texas  WHERE TO FIND IT: In the produce section of your supermarket, and in trees all over Texas.

DISTINGUISHING CHARACTERISTICS: Texas peaches are a stone fruit related to nectarines, cherries and plums. They’re round with a soft, fuzzy, red and yellow skin.

WHAT TO KNOW: Fruit not only tastes great, it’s incredibly good for you. A medium-sized Texas peach has only 58 calories, and is a good source of vitamin A and C.

JOKE: Q: Did you hear the joke about the Texas peach? A: It was pitiful!

DID YOU KNOW?: Basically, a nectarine is just a peach without the fuzz. Now you know!

FUN FACT: In olden times, peaches were known as Persian apples.

EXPLORER’S NOTEBOOK: How much do Texans love peaches? Currently, there are more than one million peach trees in Texas. Since only half of those are on commercial farms, it means the rest are in the backyards of peach lovers all over the state. There’s nothing sweeter than picking your favorite fruit fresh from the tree!


Smart Kids Choose Texas Peaches. They’re loaded with vitamin C!

Professor Pit