



# Menus for April 2012

## Marion County Elementary Schools

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### Available Daily

**Breakfast:** Choice of Daily Special (listed on each day's menu) or assorted reduced-sugar cereal, **PLUS** low-fat cheese snacks, fresh or canned fruit, assorted 100% fruit juices, and low-fat or skim milk.

**Lunch:** Choice of two entrees (listed on each day's menu) **PLUS** choice of 2 side items, an "Extra" when offered **AND** low-fat or skim milk. We also offer PB&J Uncrustables as a daily lunch choice at all locations.

**Nutrition Information:** In Marion County, we're serious about good nutrition – our full-time Registered Dietitian plans all of our menus! An asterisk (\*) on the menu indicates a Turkey item. All cheese products and milk choices are reduced-fat or fat-free.

**Breakfast**  
Complimentary for all Students  
**Lunch**

**\$1.60** Elementary Student Lunch  
**\$2.75** Adult Lunch

We provide free and reduced-price lunches (\$1.60) for eligible students. Please call your school for details.



### Wednesday, April 11

**Daily Breakfast Special**  
Snack N Waffles  
Cereal w/Cheese Stick  
Super Donut

**LUNCH**  
**Entree – Please Select One**  
Meatball Sub  
Yogurt, Cheese & Fruit Meal

**Sides –Please Select Two**  
Green Beans  
Diced Pears  
100% Fruit Juice

### Thursday, April 12

**Daily Breakfast Special**  
Sunrise Burrito  
Cereal w/Cheese Stick  
Super Donut

**LUNCH**  
**Entree – Please Select One**  
Chicken Fajitas  
Bean Burrito

**Sides –Please Select Two**  
Black Beans & Rice  
Buttered Corn  
Diced Peaches

### Monday, April 2

**Daily Breakfast Special**  
Mini Pancakes  
Cereal w/Cheese Stick  
Super Donut

**LUNCH**  
**Entree – Please Select One**  
Rib-B-Q Sandwich  
Cheese Quesadilla

**Sides –Please Select Two**  
Corn Cobbett  
Mixed Fruit  
Fresh Assorted Fruit

### Tuesday, April 3

**Daily Breakfast Special**  
Yogurt & Fruit Parfait  
Bagelfuls  
Cereal w/Cheese Stick  
Super Donut

**LUNCH**  
**Entree – Please Select One**  
Teriyaki Chicken & Brown Rice  
Ham & Cheese on a Bun

**Sides –Please Select Two**  
Oriental Vegetables  
100% Fruit Juice  
Fresh Fruit

### Wednesday, April 4

**Daily Breakfast Special**  
Yogurt & Fruit Parfait  
Sausage Biscuit  
Cereal w/Cheese Stick  
Super Donut

**LUNCH**  
**Entree – Please Select One**  
Spaghetti & Meat Sauce  
Garlic Bread Stick  
Chicken Patty Sandwich

**Sides –Please Select Two**  
Tossed Garden Salad  
Diced Pears  
Fresh Assorted Fruit

### Thursday, April 5

**Daily Breakfast Special**  
Yogurt & Fruit Parfait  
Breakfast Taco  
Cereal w/Cheese Stick  
Super Donut

**LUNCH**  
**Entree – Please Select One**  
Pepperoni Pizza  
Manager's Choice

**Sides –Please Select Two**  
Green Beans  
Diced Peaches  
100% Fruit Juice

## Good Friday



No School Today

## Important news about April Fool's Day

Congress has passed a new law declaring that, from now on, April Fool's Day will be celebrated on the first Monday of April, rather than on April 1. Please plan all jokes accordingly. For more details, please see the back page.



### Monday, April 9

**Daily Breakfast Special**  
Apple Strudel  
Cereal w/Cheese Stick  
Super Donut

**LUNCH**  
**Entree – Please Select One**  
Cheeseburger  
Macaroni & Cheese  
Biscuit

**Sides –Please Select Two**  
Broccoli  
Pineapple Tidbits  
Fresh Assorted Fruit  
**Extra**  
Pickles

### Tuesday, April 10

**Daily Breakfast Special**  
Pancake Sausage Stick  
Cereal w/Cheese Stick  
Super Donut

**LUNCH**  
**Entree – Please Select One**  
Roasted Turkey & Gravy w/Whole Wheat Roll  
Popcorn Chicken w/Whole Wheat Roll

**Sides –Please Select Two**  
Mashed potatoes  
5 Blend Veggies  
Mixed Fruit

### Wednesday, April 11

**Daily Breakfast Special**  
Snack N Waffles  
Cereal w/Cheese Stick  
Super Donut

**LUNCH**  
**Entree – Please Select One**  
Meatball Sub  
Yogurt, Cheese & Fruit Meal

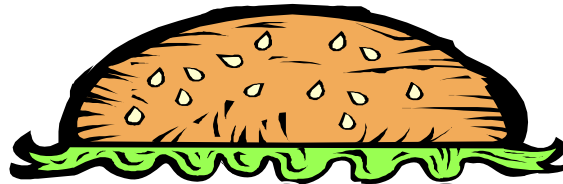
**Sides –Please Select Two**  
Green Beans  
Diced Pears  
100% Fruit Juice

### Thursday, April 12

**Daily Breakfast Special**  
Sunrise Burrito  
Cereal w/Cheese Stick  
Super Donut

**LUNCH**  
**Entree – Please Select One**  
Chicken Fajitas  
Bean Burrito

**Sides –Please Select Two**  
Black Beans & Rice  
Buttered Corn  
Diced Peaches



## NUTRITION TO GO

Microwaved foods may actually retain more nutrients than foods cooked by traditional methods. For example, spinach retains all of its folate (a B vitamin) when microwaved, but only 70% when boiled. Food that's cooked for less time (and in less water) generally keeps more of the good stuff.

A TASTY MORSEL FOR PARENTS

### Friday, April 13

**Daily Breakfast Special**  
Chicken Biscuit  
Cereal w/Cheese Stick  
Super Donut

**LUNCH**  
**Entree – Please Select One**  
Cheesy Garlic Flatbread  
Hot Dog on a Bun

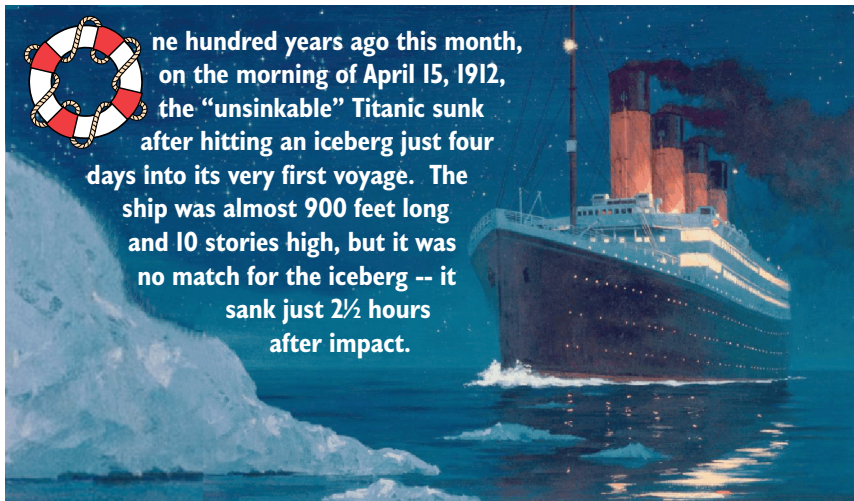
**Sides –Please Select Two**  
California Mix  
Rosy Applesauce  
100% Fruit Juice

## MISNOMER.

A "misnomer" is an inaccurate or misleading name for something. Take "energy" drinks, for example. They don't really provide energy, but rather stimulation, largely from chemical compounds like caffeine. That's why the American Academy of Pediatrics believes that children and teens should never drink them.



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



One hundred years ago this month, on the morning of April 15, 1912, the “unsinkable” Titanic sank after hitting an iceberg just four days into its very first voyage. The ship was almost 900 feet long and 10 stories high, but it was no match for the iceberg -- it sank just 2½ hours after impact.

**Thursday, April 19**

Daily Breakfast Special  
Egg, Ham & Cheese Taco  
Cereal w/Cheese Stick  
Super Donut

**LUNCH**  
Entree – Please Select One  
Beef Taco Nachos  
Chicken Quesadilla

Sides –Please Select Two  
California Blend  
100% Fruit Juice  
Fresh Assorted Fruit

**Friday, April 20**

Daily Breakfast Special  
Chicken Biscuit  
Tater Tots  
Cereal w/Cheese Stick  
Super Donut

**LUNCH**  
Entree – Please Select One  
Big Daddy Cheese Pizza  
Fish Stars

Sides –Please Select Two  
Corn  
Rosy Applesauce  
100% Fruit Juice

**Monday, April 23**

Daily Breakfast Special  
Breakfast Bun  
Cereal w/Cheese Stick  
Super Donut  
Fruit Plus

**LUNCH**  
Entree – Please Select One  
Chicken Nuggets  
Whole Wheat Dinner Roll  
Grilled Cheese Sandwich

Sides –Please Select Two  
Potato Stars  
Mixed Fruit  
100% Fruit Juice

**Tuesday, April 24**

Daily Breakfast Special  
Pancake on a Stick  
Cereal w/Cheese Stick  
Super Donut

**LUNCH**  
Entree – Please Select One  
Beefaroni  
Garlic Bread Stick  
Turkey Ham Deli Sub

Sides –Please Select Two  
Green Beans  
Diced Pears  
Fresh Fruit

**Wednesday, April 25**

Daily Breakfast Special  
Muffin & Yogurt  
Cereal w/Cheese Stick  
Super Donut

**LUNCH**  
Entree – Please Select One  
Pizza Dippers w/Marinara  
Chicken Patty Sandwich

Sides –Please Select Two  
Broccoli  
Diced Peaches  
100% Fruit Juice

**Thursday, April 26**

Daily Breakfast Special  
Sunrise Burrito  
Cereal w/Cheese Stick  
Super Donut

**LUNCH**  
Entree – Please Select One  
**NEW**  
BBQ Roasted Chicken  
w/Whole Wheat Dinner Roll  
Teriyaki Dippers w/Whole  
Wheat Dinner Roll

Sides –Please Select Two  
Au Gratin Potatoes  
Baked Okra  
Pineapple Tidbits

**Fenway Park in Boston is home to the famous “Green Monster,” a 37-foot high wall in left field. Fenway is the oldest Major League stadium, having opened 100 years ago on April 20, 1912 -- just 4 days after the Titanic sank!**

**Friday, April 27**

Daily Breakfast Special  
Cinnamon French Toast  
Cereal w/Cheese Stick  
Super Donut

**LUNCH**  
Entree – Please Select One  
Pepperoni Pizza  
Corn Dog

Sides –Please Select Two  
Corn  
Green Applesauce  
100% Fruit Juice

**Monday, April 30**

Daily Breakfast Special  
Mini Pancakes  
Cereal w/Cheese Stick  
Super Donut

**LUNCH**  
Entree – Please Select One  
Cheeseburger  
Cheese Quesadilla

Sides –Please Select Two  
Green Beans  
Mixed Fruit  
Fresh Assorted Fruit  
**Extra**  
Pickles

**Monday, April 16**

Daily Breakfast Special  
Breakfast Pizza  
Cereal w/Cheese Stick  
Super Donut

**LUNCH**  
Entree – Please Select One  
Lasagna Roll-Ups  
Garlic Bread Stick  
Grilled Chicken Sandwich

Sides –Please Select Two  
Green Beans  
Peaches  
Fresh Assorted Fruit

**PARENTS:**  
**For your convenience and peace of mind, you can pay for meals online at [mymarionfdir.marion.k12.fl.us/Parent](http://mymarionfdir.marion.k12.fl.us/Parent) or call 352-671-4194 for more information.**

**Tuesday, April 17**

Daily Breakfast Special  
Cheese Omelet  
Hashbrown Triangle  
Cereal w/Cheese Stick  
Super Donut

**LUNCH**  
Entree – Please Select One  
Chicken & Rice  
Whole Wheat Dinner Roll  
Turkey & Cheese on a Bun

Sides –Please Select Two  
Steamed Broccoli  
Mandarin Oranges  
100% Fruit Juice

**Wednesday, April 18**

Daily Breakfast Special  
Sausage Biscuit  
Potato Stars  
Cereal w/Cheese Stick  
Super Donut

**LUNCH**  
Entree – Please Select One  
Texas BBQ Pork Sandwich  
Chicken Tenders  
Whole Wheat Dinner Roll

Sides –Please Select Two  
Baked Fries  
Tossed Garden Salad  
Pineapple Tidbits



**Don't get too juiced about your juice!**

Juice boxes invaded America around 1980 and have since become required equipment for kids and parents everywhere. Juice is fine for kids, but many of the most popular juice boxes are mostly sugar, with very little juice. So make sure any juice kids (and adults, for that matter) drink is 100% fruit juice, and limit kids to 6-8 ounces a day. Kids should get most of their orange juice by eating an orange and should mostly drink water or milk.



**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)**