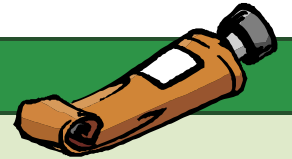


April 2009

New Branches School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1 Chicken Wraps</p> <p>Salad Fruit Vegetable Milk</p>	<p>2 Pita Pizza</p> <p>Salad Fruit Vegetable Milk</p>	<p>3 NO SCHOOL</p>
<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>
<p>13 Turkey Burger</p> <p>Salad Fruit Vegetable Milk</p>	<p>14 Chicken and Cheese Quesadillas</p> <p>Salad Fruit Vegetable</p>	<p>Turkey Dog</p> <p>Baked Asparagus Salad Fruit/Vegetable Milk</p>	<p>16 Cheese Pizza</p> <p>Breadstick Salad Fruit/Vegetable Milk</p>	<p>17 Macaroni and Cheese</p> <p>Toast Salad Fruit/Vegetable Milk</p>
<p>20 Chef Salad and Baked Potato Bar</p> <p>Choice of toppings: cheese, bacon pieces, broccoli, sour cream Roll Milk</p>	<p>21 Taco Bar Tuesday Soft shell taco w/meat</p> <p>Choice of toppings: lettuce, tomatoes, cheese Fruit/Vegetable Milk</p>	<p>22 Brown Bag Lunch (Peanut Butter and Jelly))</p> <p>Carrots Apple Juice Cheese Stick Oatmeal cookie</p>	<p>23 Tortilla Chips w/beans and cheese</p> <p>Cornbread Salad Fruit/Vegetable Milk</p>	<p>24 Waffles and Turkey Sausage</p> <p>Yogurt Fruit Milk</p>
<p>27 Meatball Sub</p> <p>Salad Fruit Vegetable Milk</p>	<p>Oven Fried Chicken</p> <p>Parmesan Asparagus Fruit/Vegetable Roll Milk</p>	<p>29 Chicken Patty Sandwich</p> <p>Soft pretzel w/cheese Fruit Vegetable Milk</p>	<p>30 Cheese Pizza</p> <p>Breadstick Salad Fruit/Vegetable Milk</p>	

News

Harvest of the Month for April is:

Asparagus

April is National Garden Month. To start your own garden, it helps to know gardening terms and nicknames. For example, you may know it as asparagus, but farmers call it 'gras! This green stem veggie is a perennial plant of the Lily family and provides a source of many vitamins and other nutrients. Asparagus plants are dormant in winter and harvested in spring.

A serving of asparagus is about one-half cup cooked asparagus. This is about five medium spears. Try to reach your total number of cups each day.

