

Our Lady of
Victory
Elementary
School

Menus for April 2010

Lunch - \$2.10 Milk Only - \$.50
Milk is served with all meals and is included in the meal price.

Thursday, April 1

Choose One

1. Berry Kix & Yogurt
2. Italian Hoagie
3. Chicken Patty on Whole Wheat
4. Chef Salad

Choose Up to Two

- Crisp Veggie Selections
- Crisp Potato Triangle
- Assorted Chilled & Fresh Fruit
- 100% Juice

Good
Friday

No
School
Today



GET IT IN YOU.

OK, this is big. Really big. So listen up. Fiber is found naturally in whole grains, fruits, and vegetables and is added to many other foods. It's good for you. Really good. SO EAT MORE FIBER.

FIBER

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

Monday, April 5

Easter Holiday



No
School

Tuesday, April 6

Choose One

1. Cheese Quesadillas
2. Deli Turkey on Whole Wheat
3. Hot Dog
4. Chef Salad

Choose Up to Two

- Crisp Veggie Selections
- Warm Cinnamon Apples
- Assorted Chilled & Fresh Fruit
- 100% Juice

Wed., April 7

Choose One

1. Cheese Ravioli
2. Deli Turkey on Whole Wheat
3. Cheese or Pepperoni Pizza
4. Chef Salad

Choose Up to Two

- Fresh Tossed Salad
- Garlic Breadstick
- Assorted Chilled & Fresh Fruit
- 100% Juice

Thursday, April 8

Choose One

1. Warm Ham & Cheese Pretzel
2. Deli Turkey on Whole Wheat
3. Chicken Patty on Whole Wheat
4. Chef Salad

Choose Up to Two

- Crisp Veggie Selections
- Zesty Pasta Salad
- Assorted Chilled & Fresh Fruit
- 100% Juice

Friday, April 9

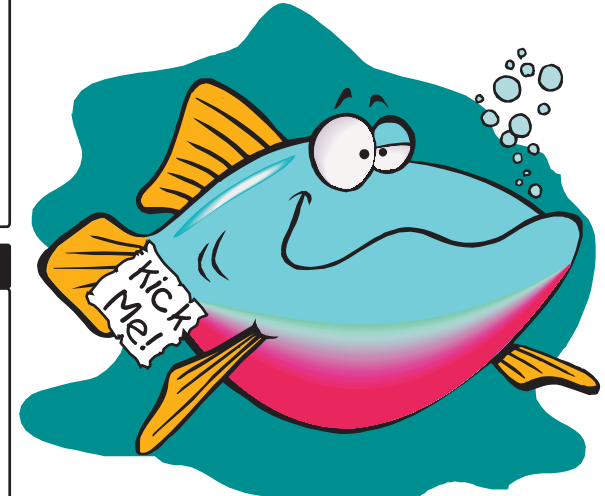
Choose One

1. Hamburger on Wheat Roll
2. Deli Turkey on Whole Wheat
3. Personal Pan Pizza
4. Grilled Chicken Salad

Choose Up to Two

- Crisp Veggie Selections
- Assorted Chilled & Fresh Fruit
- 100% Juice
- Baked Nacho Doritos

April FISH?



Monday, April 12

Choose One

1. Stuffed Baked Potato
2. Minh Egg Roll
3. Oven Baked Chicken Nuggets
4. Chef Salad

Choose Up to Two

- Tender Biscuit
- Golden Corn
- Assorted Chilled & Fresh Fruit
- 100% Juice

Tuesday, April 13

Choose One

1. Italian Dunkers
2. Berry Kix & Yogurt
3. Hot Dog
4. Chef Salad

Choose Up to Two

- Fresh Tossed Salad
- Mozzarella Sticks
- Assorted Chilled & Fresh Fruit
- 100% Juice

Wed., April 14

Choose One

1. Golden Baked Chicken
2. Berry Kix & Yogurt
3. Cheese or Pepperoni Pizza
4. Chef Salad

Choose Up to Two

- Seasoned Brown Rice
- Crisp Veggie Selections
- Assorted Chilled & Fresh Fruit
- 100% Juice

Thursday, April 15

Choose One

1. Mini Maple Pancakes & Sausage
2. Berry Kix & Yogurt
3. Chicken Patty on Whole Wheat
4. Chef Salad

Choose Up to Two

- Crisp Veggie Selections
- Golden Potato Triangle
- Assorted Chilled & Fresh Fruit
- 100% Juice

Friday, April 16

Choose One

1. Creamy Macaroni & Cheese
2. Berry Kix & Yogurt
3. French Bread Pizza
4. Grilled Chicken Salad

Choose Up to Two

- Crisp Veggie Selections
- Assorted Chilled & Fresh Fruit
- 100% Juice
- Scooby Doo Snacks

In France, April Fool's Day is called "April Fish Day," and the person you play a prank on is called the "poisson d'Avril" -- THE APRIL FISH!. No, really, it's true!

Happy Earth Day To You!



April 22 is the 40th Anniversary of the first Earth Day

Happier & Easier Birthday Celebrations at School.



www.scasd.org/schoolmeals

Click on the Birthday Basket link.

The Nutrition Sleuth

Taking a closer look at the foods we eat . . .

Moderation and variety are the keys to healthy eating habits. A burger, taco, or piece of pizza may contain more than 30% calories from fat. But when paired with lowfat chocolate milk, a piece of fruit, and carrot sticks with lowfat dip, the entire meal can be quite healthy.

Average Nutritional Analysis of This Month's Lunches:

| | |
|-----------|---------|
| Calories | 651 |
| Iron | 3.7 Mg |
| Calcium | 488 Mg |
| Vit. A | 2726 IU |
| Vit. C | 38.6 Mg |
| Protein | 24.9 G |
| Carbs | 95 G |
| Total Fat | 27.8% |
| Sat. Fat | 9.3% |



All targets have been met to provide 1/3 of the RDA.

We are pleased to provide **FREE AND REDUCED-PRICE MEALS**

for all students who qualify. It's simple to apply and we accept applications all year.

Call 238-1592 to learn more.

Monday, April 19

Choose One

1. Pepperoni Pizzas
2. Bean Burrito
3. Oven Baked Chicken Nuggets
4. Chef Salad

Choose Up to Two

- French Bread Baguette
- Steamed Fresh Broccoli
- Assorted Chilled & Fresh Fruit
- 100% Juice

Tuesday, April 20

Choose One

1. Cheesy Nachos
2. Deli Turkey Hoagie
3. Hot Dog
4. Chef Salad

Choose Up to Two

- Fresh Tossed Salad
- Soft Pretzel
- Assorted Chilled & Fresh Fruit
- 100% Juice

Wed., April 21

Choose One

1. Hot & Spicy Chicken Tenders
2. Deli Turkey Hoagie
3. Cheese or Pepperoni Pizza
4. Chef Salad

Choose Up to Two

- Crisp Veggie Selections
- MultiGrain Roll
- Assorted Chilled & Fresh Fruit
- 100% Juice

Thursday, April 22

Happy Earth Day Bar!

- Top Your Own Baked Potato
- Diced Ham Grilled Chicken
 - Cheddar Cheese Baked Beans
 - Margarine Chili Sour Cream
 - Cheesy Broccoli Zesty Pasta Salad
 - Fresh Veggie Tray
 - Dried Fruit Mix Juicy Grapes
 - Dirt Sundaes

Friday, April 23

Choose One

1. Soft Taco
2. Deli Turkey Hoagie
3. French Bread Pizza
4. Grilled Chicken Salad

Choose Up to Two

- Crisp Veggie Selections
- Assorted Chilled & Fresh Fruit
- 100% Juice
- Cinnamon Churro



Monday, April 26

Choose One

1. Vegetable Soup & String Cheese
2. Bagel with Cream Cheese
3. Oven Baked Chicken Nuggets
4. Chef Salad

Choose Up to Two

- MultiGrain Roll
- Fresh Apple Slices
- Assorted Chilled & Fresh Fruit
- 100% Juice

Tuesday, April 27

Choose One

1. Pasta with Marinara Sauce
2. Ham & Cheese Bagel
3. Hot Dog
4. Chef Salad

Choose Up to Two

- Crisp Tossed Salad
- Garlic Breadstick
- Assorted Chilled & Fresh Fruit
- 100% Juice

Wed., April 28

Choose One

1. Chicken Fajita
2. Ham & Cheese Bagel
3. Cheese or Pepperoni Pizza
4. Chef Salad

Choose Up to Two

- Mexican Rice
- Fresh Veggie Selections
- Assorted Chilled & Fresh Fruit
- 100% Juice

Thursday, April 29

Choose One

1. Popcorn Chicken
2. Ham & Cheese Bagel
3. Grilled Cheese Sandwich
4. Chef Salad

Choose Up to Two

- Crisp Veggie Selections
- Creamy Tomato Soup
- Juice, Chilled & Fresh Fruit
- Cheesy Goldfish Crackers

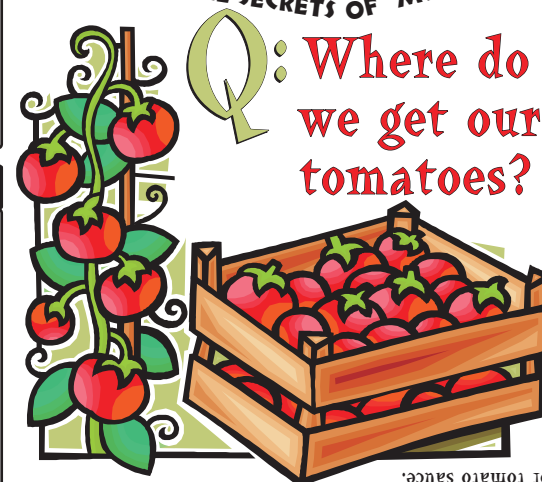
Friday, April 30

Choose One

1. Warm Cheese Pretzel
2. Ham & Cheese Bagel
3. **Papa John's Pizza**
4. Grilled Chicken Salad

Choose Up to Two

- Fresh Veggie Selections
- Assorted Chilled & Fresh Fruit
- 100% Juice
- Juice Shape Up



A: The average American eats 22 pounds of tomatoes a year, and all of them came from a vine somewhere. But less than half the tomatoes we eat are fresh. We get most of our tomatoes in processed form, out of a bottle of ketchup or a can of tomato sauce.

LEARN MORE AT WWW.KIDSHHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML