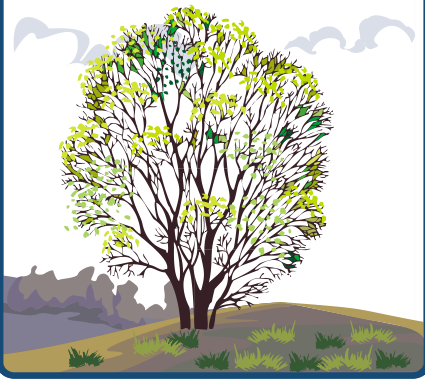


April 2024  
ACMETONIA  
Elementary School



**VEGETABLE**  
**Romaine**  
Romaine lettuce contains six times more vitamin C, four times more calcium, and ten times more beta carotene than ordinary iceberg lettuce, and it's very high in folic acid, too. Best of all, it has more flavor!

**OF THE MONTH**

# SPIN YOUR WHEELS.



Biking may be the only activity that combines exercise, fun, AND transportation! Just remember to always wear bright clothes, a helmet, and close-toed shoes – and follow the rules of the road!

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

**Breakfast:**  
Choose at least 3 of the 4 available components  
Daily breakfast entrée or variety of alternate choices  
Fruit Choice or 100% Fruit Juice  
Fat-Free & Low-Fat Milk  
Serving Times: 7:20am to 7:45am

**Tuesday, April 2**  
**Breakfast**  
Cereal Choice with Wholegrain Crackers  
**Lunch**  
Chicken Tenders with Buttered Noodles  
Chilled Baby Carrots  
Fruit / Milk Choice

**Wednesday, April 3**  
**Breakfast**  
Breakfast Pizza Square  
**Lunch**  
Cheeseburger with Potato Sticks  
Mango Vegetable Juice  
Fruit / Milk Choice

**Thursday, April 4**  
**Breakfast**  
Baked Wholegrain Apple Turnover  
**Lunch**  
Sausage & Egg Breakfast Sandwich  
Hash Brown Potato  
Fruit / Milk Choice

**Friday, April 5**  
**Breakfast**  
Baked Strawberry Pancake Bowl  
**Lunch**  
Pepperoni Pizza Slice  
Vegetable Choice  
Fruit / Milk Choice

**YOU'RE GOOD**   
**ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG**

**Monday, April 8**  
**Breakfast**  
Cocoa Cherry Breakfast Bar  
**Lunch**  
Spaghetti & Meatballs with Toasted Breadstick  
Punch Vegetable Juice  
Fruit / Milk Choice

**Tuesday, April 9**  
**Breakfast**  
Buttermilk Pancake Bites with Syrup  
**Lunch**  
Beef & Cheese Nachos  
Steamed Corn  
Fruit / Milk Choice

**Wednesday, April 10**  
**Breakfast**  
Egg & Bacon Breakfast Bagel  
**Lunch**  
Grilled Hot Dog on a Wholegrain Bun  
Honey Baked Beans  
Fruit / Milk Choice

**Thursday, April 11**  
**Breakfast**  
Super Bakery Ultra Banana Bread  
**Lunch**  
French Toast Sticks with Sausage  
Applesauce Cup  
Fruit / Milk Choice

<b>Monday, April 15</b> <b>Breakfast</b> Wholegrain Iced Cinnamon Roll <b>Lunch</b> Popcorn Chicken with Cheesy Potatoes Frozen Juice Cup Fruit / Milk Choice	<b>Tuesday, April 16</b> <b>Breakfast</b> French Toast Bites with Syrup Cup <b>Lunch</b> Cheese Stuffed Pizza Crunchers Baked Fries Fruit / Milk Choice	<b>Wednesday, April 17</b> <b>Breakfast</b> Baked Wholegrain Funnel Cake <b>Lunch</b> Barbecue Rib Sandwich with Potato Sticks Mango Vegetable Juice Fruit / Milk Choice	<b>Thursday, April 18</b> <b>Breakfast</b> General Mills Cereal Bar <b>Lunch</b> Meatball Hoagie with Mozzarella Cheese Baked Fries Fruit / Milk Choice	<b>Friday, April 19</b> <b>Breakfast</b> Baked Cinnamon Donut Holes <b>Lunch</b> Italian Dunkers with Pizza Sauce Tossed Garden Salad Fruit / Milk Choice
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# Brain Ticklers



Where do baseball teams get their new uniforms?

(Hold the page upside down and read it in a mirror for the answer!)

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<b>Monday, April 22</b> <b>Breakfast</b> Toasted Wholegrain Pop Tarts <b>Lunch</b> Orange Asian Chicken with Steamed Rice Punch Vegetable Juice Fruit / Milk Choice	<b>Tuesday, April 23</b> <b>Breakfast</b> Maple Waffle Bites with Syrup Cup <b>Lunch</b> Grilled Cheese Sandwich with Soup Chilled Baby Carrots Fruit / Milk Choice	<b>Wednesday, April 24</b> <b>Breakfast</b> Breakfast Pizza Square <b>Lunch</b> Mini Corn Dog Nuggets Smiley Fries Fruit / Milk Choice	<b>Thursday, April 25</b> <b>Breakfast</b> Baked Wholegrain Apple Churro <b>Lunch</b> Baked Breaded Chicken Sandwich Cucumber Slices Fruit / Milk Choice	<b>Friday, April 26</b> <b>Breakfast</b> Baked Wholegrain Pastry Choice <b>Lunch</b> Thick Crust Pizza Slice Vegetable Choice Fruit / Milk Choice
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<b>Monday, April 29</b> <b>Breakfast</b> Cinnamon Ultimate Breakfast Round <b>Lunch</b> Chicken Nuggets with Whipped Potatoes Frozen Juice Cup Fruit / Milk Choice
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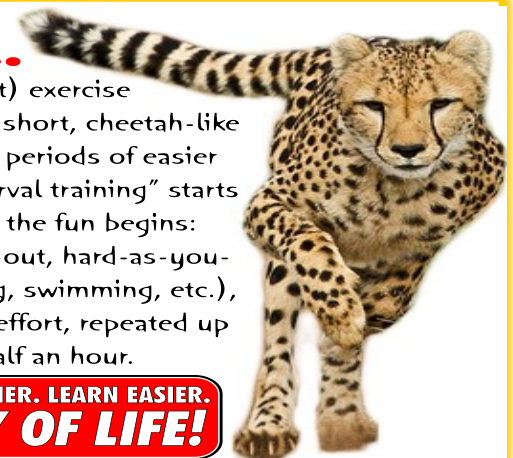
<b>Tuesday, April 30</b> <b>Breakfast</b> Cereal Choice with Wholegrain Crackers <b>Lunch</b> Quesadilla Pizza Slice Vegetable Choice Fruit / Milk Choice
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Every complete meal we serve comes with your choice of milk!

## INTENSE.

The most effective (and time efficient) exercise for good cardio health is alternating short, cheetah-like bursts of intense activity with longer periods of easier effort. So-called "high intensity interval training" starts with a few minutes of warm-up, then the fun begins: 30-60 seconds of cheetah-style, all-out, hard-as-you-can-go, 100% effort (biking, running, swimming, etc.), followed by 3 or 4 minutes of 50% effort, repeated up to 5 or 6 times, for no longer than half an hour.



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