

KPBS
ELEMENTARY
SCHOOL
MENU

This institution is
an equal
opportunity



**WORLD'S GREATEST
APRIL FOOL'S
TRICKS!**

On April 1, 2014, the Facebook page for National Public Radio linked to a story with the headline, "Why Doesn't America Read Anymore?" Thousands of people posted comments, taking all sorts of positions on the problem. But it was an April Fool's prank — there was no such actual story at the link. Which kind of showed that Americans don't read anymore!

See the back page for more all-time great pranks!

Friday, April 1

Sweet N Sour
Chicken
w/Rice

Baked Beans
Jo-Jo's
100% Fruit Juice
Milk

SPIN YOUR WHEELS.



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

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

Monday, April 4

Popcorn Chicken

Winter Mix
Fresh Apple
Goldfish Pretzels

100% Fruit Juice
Milk

Tuesday, April 5

Hamburger

KK Fries
Mixed Fruit
Whole Fruit Frozen
Berry Swirl Cup
Milk

Wednesday, April 6

Breaded Chicken
Sandwich

Baked Beans
Fresh Broccoli
Carrots w/Ranch
100% Fruit Juice
Milk

Thursday, April 7

Vegetarian Chili w/
String Cheese and
Garlic Bread

Romaine Salad
Fresh Apple
Diced Peaches
Milk

Friday, April 8

PB & J Sandwich
Carrots w/Ranch
Snickerdoodle
Cookie
100% Fruit Juice
Milk

Monday, April 11

Pizza

Sweet Potato KK
Fries
Waffle Grahams
Fresh Pears
Whole Fruit Frozen
Berry Swirl Cup
Milk

Tuesday, April 12

Sweet N Sour
Chicken w/Rice

Fresh Broccoli
Pineapple
100% Fruit Juice
Milk

Wednesday, April 13

French Toast w/
Sausage

Jo-Jo's
Fresh Apple
Strawberry Cup
Milk

Thursday, April 14

Chicken Nuggets
w/Aloha Roll

Mashed Potato w/
Gravy
Winter Mix
Diced Peaches
Milk

Friday, April 15

BB-Q Pulled Pork
Sandwich

Baked Beans
Fresh Orange
Slices
Mixed Fruit
Milk

NUTRITION TO GO

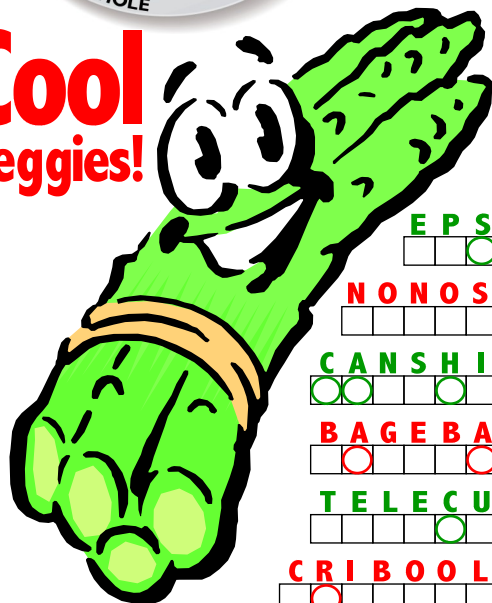
For nutrition and flavor, it's a good idea to always eat the skin of a fresh apple. Many of an apple's fantastic nutrients -- like vitamin C and beta carotene -- are concentrated in or just below the skin, as is most of the fiber. The fragrance cells, which increase our sense of an apple's flavor, are also in the skin.

A TASTY MORSEL FOR PARENTS



What's on
YOUR
plate?

**Cool
Veggies!**



E P S A
[] [] [] []
N O N O S I
[] [] [] [] [] []
C A N S H I P
[] [] [] [] [] []
B A G E B A C
[] [] [] [] [] []
T E L E C U T
[] [] [] [] [] []
C R I B O O L C
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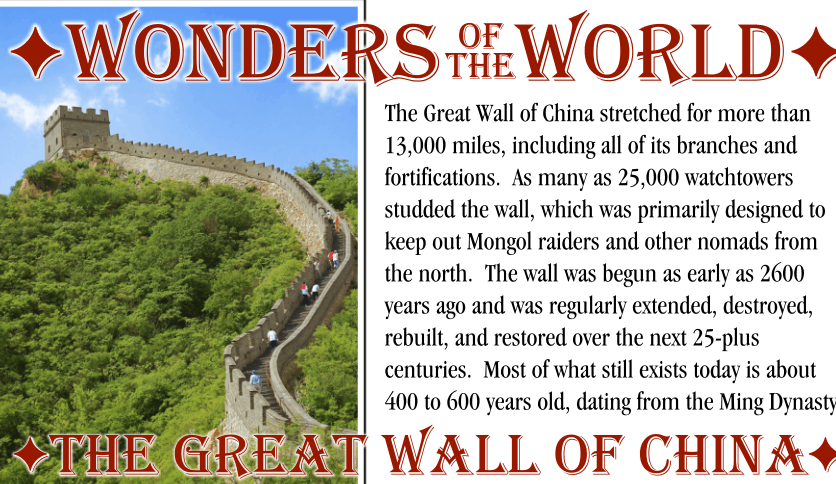
Some vegetables are called "cold hardy." That means they can be harvested in the cool of winter in Florida or California. Or, in the colder states, they can be planted in early spring, up to 6 weeks before the last freeze. We've scrambled the names of some of these tough guys above. Unscramble them, then write the circled letters below and unscramble to name the cold hardy veggie that's pictured here!

**CIRCLED
LETTERS:**

ANSWER

[] [] [] [] [] [] [] [] [] []

Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html



WONDERS OF THE WORLD

The Great Wall of China stretched for more than 13,000 miles, including all of its branches and fortifications. As many as 25,000 watchtowers studded the wall, which was primarily designed to keep out Mongol raiders and other nomads from the north. The wall was begun as early as 2600 years ago and was regularly extended, destroyed, rebuilt, and restored over the next 25-plus centuries. Most of what still exists today is about 400 to 600 years old, dating from the Ming Dynasty.

THE GREAT WALL OF CHINA



Menu selections
may change
based on product
availability

**Earth Day
April 22**



Keep it clean

Monday, April 18

Egg N Cheese
Sandwich w/
Sausage

Carrots
Applesauce
Waffle Grahams
100% Fruit Juice
Milk

Tuesday, April 19

BB-Q Pulled Pork
Sandwich

Sweet Potato KK
Wedges
Diced Pears
Frozen Berry Swirl
Cup
Milk

Wednesday, April 20

Breaded Chicken
Sandwich

Corn
Orange Wedges
100% Fruit Juice
Milk

Thursday, April 21

Sweet N Sour
Chicken
w/Garlic Bread &
Rice

Fresh Broccoli
Peaches
Applesauce Cup
Milk

Friday, April 22

Chicken Drumsticks

Romaine Salad
Baked Beans
Gold Fish Pretzel
Mixed Fruit
Milk

Monday, April 25

Popcorn Chicken
w/Roll

Corn
Green Beans
Applesauce
Milk

Tuesday, April 26

BB-Q Pork Hoagie

Fresh Broccoli
Apple Chips
Mixed Fruit
100% Fruit Juice
Milk

Wednesday, April 27

Ravioli w/Garlic
Bread or Roll

Winter Mix
Pineapple
100% Fruit Juice
Milk

Thursday, April 28

Chicken Taco

Refried Beans
Fresh Orange
Snickerdoodle
Cookie
Milk

Friday, April 29

Sweet N Sour
Chicken w/ Rice

Steamed Broccoli
Carrots w/Ranch
100% Fruit Juice
Milk