

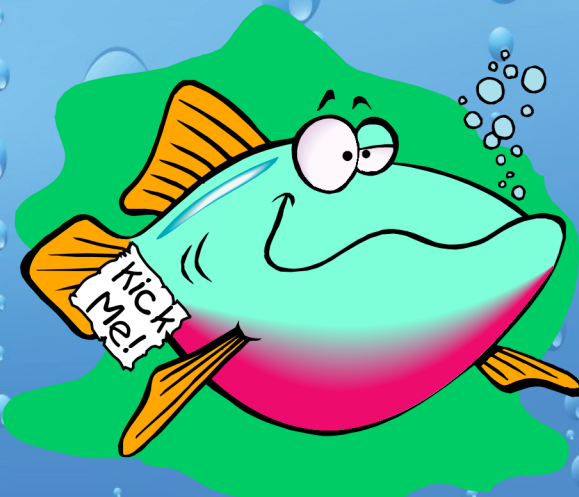


**Make the healthy,
economical choice!**

Lunch \$3.25

Get in touch with us today to learn more about
free and reduced-price meals in our district:
405-376-7317 or CruzD@mustangps.org

April FISH?



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!

Monday, April 3	Tuesday, April 4	Wednesday, April 5	Thursday, April 6	Friday, April 7
<p>Lunch Steak Fingers Mashed Potatoes w/Gravy Dinner Roll Mixed Veggies Peaches Milk</p>	<p>Lunch Cheese Nachos Refried Beans Salad Mix Cinnamon Apples Milk</p>	<p>Lunch Mustang Munchable Assorted Fruit Milk</p>	<p>Lunch Chicken Nuggets Garlic Cheese Breadstick Mashed Potatoes w/Gravy Green Beans Strawberries Cup Milk</p>	<p>Lunch Grilled Cheese Sandwich & Tomato Soup Celery Sticks Orange Smiles Milk</p>
Monday, April 10	Tuesday, April 11	Wednesday, April 12	Thursday, April 13	Friday, April 14
<p>Lunch PopCorn Chicken Mashed Potatoes w/Gravy Dinner Roll Green Beans Mixed Berries Milk</p>	<p>Lunch Spaghetti & Meat Sauce Garlic Cheese Breadstick Carrots Fruit Cocktail Milk</p>	<p>Lunch Scrambled Eggs Croissant Hash Browns Rosy Applesauce Milk</p>	<p>Lunch PB&J Ham & Cheese Sandwich String Cheese Nacho Cheese Chips Carrot Sticks Raisins Chocolate Chip Cookie Milk</p>	<p>No School</p>

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!

Happy Earth Day To You!



April 22 is the 52nd Anniversary of the first Earth Day



What's on **YOUR** plate?



Q: Where do we get our tomatoes?

A: The average American eats 22 pounds of tomatoes a year, and all of them came from a vine somewhere. 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.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, April 17

Lunch

Chicken Nuggets
Mashed Potatoes w/Gravy
Dinner Roll
Green Beans
Peach Cup
Milk

Tuesday, April 18

Lunch

Beef Tacos
Lettuce & Tomato
Chili Beans
Cinnamon Apples
Milk

Wednesday, April 19

Lunch

Tony's Stuffed Sticks
w/ Marinara Sauce
Salad Mix
Assorted Fruit
Milk

Thursday, April 20

Lunch

Chicken Alfredo
Garlic Cheese Breadstick
Broccoli
Strawberries & Bananas
Wacky Cake
Milk

Friday, April 21

Lunch

Corn Dog
Fries
Baked Beans
Mandarin Oranges
Milk

Monday, April 24

Lunch

Steak Fingers
Mashed Potatoes w/Gravy
Dinner Roll
Mixed Veggies
Strawberry Cup
Milk

Tuesday, April 25

Lunch

Pepperoni Pizza
Broccoli
Assorted Fruit
Milk

Wednesday, April 26

Lunch

Bronco Burger
Red & White Fries
Baked Beans
Pineapple Tidbits
Milk

Thursday, April 27

Lunch

Mac & Cheese
Dinner Roll
Peas
Rosy Applesauce
Milk

Friday, April 28

Lunch

PB&J
Ham & Cheese Sandwich
String Cheese
Nacho Cheese Chips
Celery Sticks
Dried Cranberries
Milk

NUTRITION TO GO

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.

A QUICK BITE FOR PARENTS