

St. Peter School Menu for April 2021

Families Making the Connection

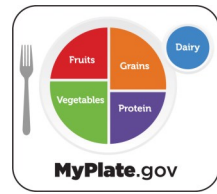
Focus on Whole Fruit

Fruit is fun! There are many delicious colorful fruits to choose from. Think apples, cherries, grapes, peaches, pears, melons, blueberries and more! Fresh, frozen, canned[, dried or 100% juice—it's your choice. But, try to choose whole fruit over juice. Whole fruits have fewer calories and lots of fiber. School meals offer a variety of fruit choices each day.

Fruits are a smart choice because they provide energy, vitamins, minerals and fiber. Eating a variety of colorful fruits can help with weight management and lowers the risk of heart disease, type 2 diabetes and cancer. Try these tips to help your family enjoy more fruit:

- Start your day with fruit at breakfast. Top cereal with your favorite seasonal fruit, add berries or chopped apples to pancakes, or mix a spoonful or two of raisins into hot oatmeal.
- Keep washed, ready-to-eat fruit in the fridge to add to meals or snacks.
- For dinner, chop up a combination of seasonal, frozen, or canned fruits to make a quick fruit salsa to top fish or chicken. Add fruit such as apple wedges, berries or grapes to a salad.

MyPlate, <https://www.myplate.gov>, offers more tips and resources.



			Thursday, April 1	Friday, April 2
			NO SCHOOL	NO SCHOOL
Monday, April 5	Tuesday, April 6	Wednesday, April 7	Thursday, April 8	Friday, April 9
NO SCHOOL	CORN DOG SMILEY FRIES CARROT/CELERY STICKS APPLESAUCE	SALISBURY STEAK MASHED TATORS/ GRAVY GREEN BEANS MANDARIN ORANGES DINNER ROLL	BEEFY CHEESY NACHO COWBOY CORN FROZEN FRUIT CUP COOKIE	CHEESE OMELET SAUSAGE LINK HASH ROUNDS YOGURT/FRUIT CUP JUICE
Monday, April 12	Tuesday, April 13	Wednesday, April 14	Thursday, April 15	Friday, April 16
CHEESE PIZZA SPINACH SALAD MIXED FRUIT FROSTED BROWNIE	PANCAKES/SYRUP SAUSAGE PATTY HARD BOILED EGG DICED PEACHES JUICE	WALKING TACO REFRIED BEANS SPANISH RICE APPLE CHURRIOS LETTUCE/TOM/CHEESE	CHIX NUGGETS MASHED TATORS/ GRAVY BUTTERED CORN DICED PEARS DINNER ROLL	ITALIAN DUNKERS W/PEPPERONI ITALIAN VEGGY'S CHEESE STICKS APPLESAUCE
Monday, April 19	Tuesday, April 20	Wednesday, April 21	Thursday, April 22	Friday, April 23
HOT DOG/BUN CHILI CHEESE SAUCE SWEET TATOR PUFFS FRUITED JELLO CUP COOKIE	CHEEZY SCRAMBLED EGG FLAP STICKS BANANA SLICES RAZZY JUICE	APPLE FRUDEL YOGURT/FRUIT CUP BACON ROUND HARD BOILED EGG	PASTA W/ MEAT SAUCE SPINACH SALAD PINEAPPLE TIDBITS GARLIC STICKS	BBQ WING DINGS MAC AND CHEESE MIXED VEGGY'S FRUIT COCKTAIL
Monday, April 26	Tuesday, April 27	Wednesday, April 28	Thursday, April 29	Friday, April 30
SLOPPY JOE/BUN BAKED CHIPS CARROT STICKS/DIP APPLE SLICES	TOASTED CHEESE RAVIOLI/SAUCE ROMAIN SALAD BOSCO STICKS GRAPES	CHEESBURGER/BUN FRENCH FRIES SWEET PEAS ORANGE SLICES LETTUCE/TOM/PICKLE	MEATBALL SUB WARM PRETZEL BITES VEGGY BOAT/DIP STRAWBERRIES SUGAR COOKIE	BROWN BAG PICNIC HAM/CHEESE ROLL UP CHIPS COOKIE JUICE APPLE SLICES FRUIT BITES