

Newport News Public Schools-Early Childhood Centers Menu

menus for

APRIL 2025

This institution is an equal

Tuesday, April 1

Breakfast

Waffle Sandwich
Apple Slices
Milk

Lunch

Popcorn Chicken
Au gratin Potatoes
Peach Cup
Milk

Wednesday, April 2

Breakfast

Waffle Envy
Cranraisins
Milk

Lunch

Grilled Cheese Sandwich
Corn
Fresh Fruit
Milk

Thursday, April 3

Breakfast

Chicken Biscuit
Apple Slices
Milk

Lunch

Corndog Nuggets
Broccoli
Mandarin Orange Cup
Milk

Friday, April 4

Breakfast

Blueberry Muffin
Applesauce
Milk

Lunch

**Half-Day
Grab and Go**

Available Daily

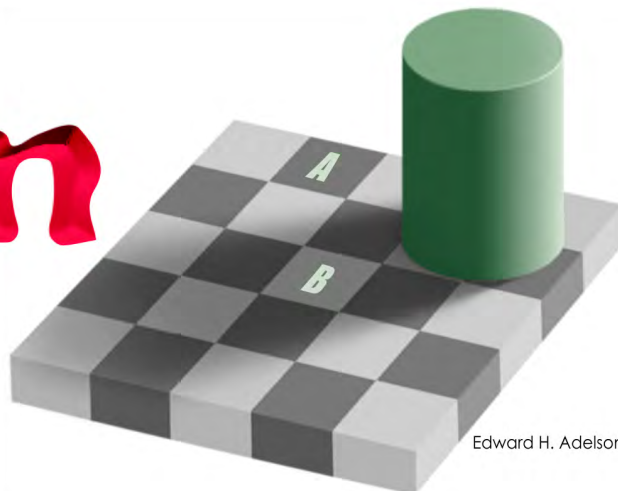
**Nonfat White Milk
Low-fat White Milk**

***Menu item may
contain pork**



Only an Illusion

Do you think the two squares labeled A and B are different shades of gray? Guess what? **They're the same color!** If you're interested, you can see proof and learn more by searching on line for "Checkershadow Illusion - MIT".



Edward H. Adelson

NUTRITION TO GO

As a rule, Americans don't eat enough beans! Beans are the best plant source of protein and contain little of the fat and cholesterol that accompany the protein in meat. Beans also provide more fiber than almost any other plant food and nearly as much calcium as milk. Plus, beans' slow release of glucose makes them a superfood for people with diabetes.

A QUICK BITE FOR PARENTS

Monday, April 14

Schools Closed

**Teacher
Planning
Day**

Tuesday, April 15

Breakfast

Sausage on Bun*
Apple Slices
Milk

Lunch

Mozzarella Cheese Sticks
Green Beans
Fresh Fruit
Milk

Wednesday, April 16

Breakfast

Asst. Mini Pancakes
Cranraisins
Milk

Lunch

Chicken & Waffles
Roasted Butternut Squash
Mixed Fruit
Cup
Milk

Thursday, April 17

Breakfast

Egg & Cheese Sandwich
Apple Slices
Milk

Lunch

Nachos w/Chili
w/Cheese & Roll
Steamed Cabbage
Fresh Fruit
Milk

Friday, April 18

Breakfast

Blueberry Muffin
Applesauce
Milk

Lunch

Chicken Patty on Bun
French Fries
Pear Cup
Milk



WHAT I have a head but cannot think.
I have eyes but cannot see.
AM I? I have ears but cannot hear.
I have ribs but no bones.



Answer: I'm a VEGETABLE GARDEN, planted with lettuce (heads), potatoes (eyes), corn (ears), and celery (ribs). YUMMY!

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

Monday, April 21

Breakfast

Asst. Mini Pancakes
Juice
Milk

Lunch

Hamburger/Cheeseburger
on Bun
Corn
Fresh Fruit
Milk

Tuesday, April 22

Breakfast

Waffle Sandwich
Apple Slices
Milk

Lunch

Pizza
Baby Carrots
Dole Fruit Gel Cup
Milk

Wednesday, April 23

Breakfast

Waffle Envy
Cranraisins
Milk

Lunch

Spaghetti w/Meat Sauce
Green Beans
Fresh Fruit
Milk

Thursday, April 24

Breakfast

Chicken Biscuit
Apple Slices
Milk

Lunch

Breakfast for Lunch*
Hash Browns
Spiced Apples
Milk

Friday, April 25

Breakfast

Blueberry Muffin
Applesauce
Milk

Lunch

Boneless Chicken Wings
Collard Greens
Strawberry Cup
Milk

Monday, April 28

Breakfast

Banana Bread
Juice
Milk

Lunch

Garlic French Bread
Mixed Vegetables
Fresh Fruit
Milk

Tuesday, April 29

Breakfast

Sausage on Bun*
Apple Slices
Milk

Lunch

Popcorn chicken
Au gratin Potatoes
Peach Cup
Milk

Wednesday, April 30

Breakfast

Asst. Mini Pancakes
Cranraisins
Milk

Lunch

Rippinz Dippinz
Corn
Fresh Fruit
Milk

★ OUR NATION'S HISTORY ★



The first Earth Day took place 55 years ago this month on April 22, 1970. Wisconsin Senator Gaylord Nelson, a Democrat, and California Congressman Pete McCloskey, a Republican, co-chaired events at schools, colleges, and parks across the U.S. that drew 20 million Americans outside on a Spring day to make a commitment to care for the environment. Earth Day is now celebrated in nearly 200 nations around the world.

**Earth Day
April 22**



Keep it clean

★ WITH LIBERTY & JUSTICE FOR ALL ★