

## APRIL 2024

Check out our new menu friends helping us eat healthier! ➔

1% White milk served at Breakfast and Lunch








ACE'S CORNER

Online Menu Information is Available at:

<https://mattoon.nutrislice.com/menu/>

Whole Grain Items have an ^

Vegetarian Entrees have an \*

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	1	Trix Cereal^ Strawberry Applesauce <hr/> Cheeseburger on a Bun^ Baked Beans Diced Pears Snack: Cheddar Goldfish ^ & 100% Grape Juice	2	Blueberry Bash Waffles^ Orange Craisins <hr/> Cheese Quesadilla^* Baby Carrots Mixed Fruit Snack: Watermelon Applesauce & Graham Crackers^	3	Pumpkin Bread^ Fresh Orange Slices <hr/> Chicken Patty ^ on a Bun^ Tater Tots Rosy Applesauce Snack: Cinnamon Toast Crunch Cereal^ & 1% White Milk	4	Chocolate Chip Muffin Top^ Strawberry Applesauce Cup <hr/> Cheesy Pizza^ Romaine Salad Fresh Orange Slices Snack: Cheez-Its^ & 100% Apple Juice	5
	Cinnamon Toast Crunch Cereal^ Orange Craisins <hr/> Chicken Nuggets^ Mashed Potatoes Diced Peaches Snack: Cheddar Goldfish^ & 1% White Milk	8	Confetti Pancakes Apple Slices <hr/> Pasta^ & Meatballs Green Beans Diced Pears Snack: Animal Crackers^ & 100% Apple Juice	9	Vanilla Yogurt Cup Fresh Whole Banana <hr/> *Peanut Butter & Jelly Sandwich^ Baby Carrots Apple Slices Snack: Trix Cereal^ & 1% White Milk	10	Mixed Berry Scone^ Fresh Orange Slices <hr/> Blueberry Waffles^ & Sausage Tater Tots Warm Cinnamon Apples Snack: Saltine Crackers^ & Cheddar Cheese Cubes	11	Mini Str Crm Cheese Bagel^ Strawberry Applesauce Cup <hr/> Beefy Nachos^ Fresh Celery Sticks Variety Fruit Snack: Apple Slices & 1% White Milk
 <p><b>No School!</b></p>	15	Trix Cereal^ Orange Craisins <hr/> Ham and Cheese Sandwich^ Fresh Baby Carrots Rosy Applesauce Snack: Cinnamon Toast Crunch Cereal ^ & 1% White Milk	16	Pumpkin Breakfast Bread Slice^ Watermelon Applesauce Cup <hr/> Popcorn Chicken^ Tater Tots Diced Peaches Snack: Pancake Bites^ & 100% Fruit Punch	17	Honey Cheerios^ Fresh Orange Slices <hr/> Beef Quesadilla^ Golden Corn Diced Pears Snack: Strawberry/Banana Yogurt Cup & Animal Crackers^	18	Maple Madness Waffles^ Cinnamon Applesauce Cup <hr/> BBQ Chicken on a Bun^ Green Beans Variety Fruit Snack: Cheez-It Crackers^ & 100% Apple Juice	19
	Cinnamon Toast Crunch Cereal Orange Craisins <hr/> *Pizza Sticks^ & Sauce Green Beans Mixed Fruit Snack: Cheez-It Crackers^ & White Milk 1%	22	Banana Breakfast Bread Slice^ Apple Slices <hr/> Twin Soft Tacos^ Romaine Salad Diced Pears Snack: Blueberry Muffin Top^ & 100% Apple Juice	23	Strawberry Yogurt Cup Fresh Whole Banana <hr/> Maple Waffles^ & Sausage Tater Tots Warm Cinnamon Peaches Snack: Mini Strawberry & Cream Cheese Bagel^ & 100% Fruit Punch	24	Blueberry Muffin Top^ Fresh Orange Slices <hr/> Hot Dog on a Bun^ Golden Corn Rosy Applesauce Snack: Apple Slices & 1% White Milk	25	Mini Str & Cream Chz Bagel^ Strawberry Applesauce Cup <hr/> *Cheese Pizza^ Fresh Cucumber Slices Variety Fruit Snack: Strawberry Yogurt Cup & Graham Crackers^
Honey Cheerios^ Orange Craisins <hr/> Popcorn Chicken^ & LoMein^ Fresh Baby Carrots Mixed Fruit Snack: Cheddar Goldfish Crackers^ & 100% Grape Juice	29	Confetti Pancakes^ Orange Craisins <hr/> Cheesy Pizzadilla^ Green Beans Diced Pears Snack: Cheddar Chex Mix^ & 1% White Milk	30						

# PIE IN THE SKY

Cherries are known as drupes or stone fruits, like nectarines and peaches, and are high in antioxidants. There are more than 500 varieties of sweet cherries (*Prunus Avium*), and almost as many tart ones (*Prunus Cerasus*); though only a small percentage—around 20 or so altogether—are sold commercially. A typical cherry tree produces 7,000 cherries, that can be harvested in seven seconds using a mechanical tree shaker. The state of Washington grows an estimated 62 percent of the United States' sweet cherries, which are great summer snacks. Michigan, meanwhile, grows well over half of the country's tart cherries, which are mostly used for cooking.

## DID YOU KNOW?

### FOLLOW THE CHERRY TREE ROAD

Cherries were part of the Roman soldiers' rations, and as they traveled, the pits they discarded became the trees that bloomed throughout the empire. There was a saying that to find the old Roman roads, all one had to do was follow the wild cherry trees



## ACE'S JOKE OF THE MONTH

### WHY ARE CHOCOLATE-COVERED CHERRIES THE PERFECT DINNER PARTY HOSTS?

SEE ANSWER BELOW



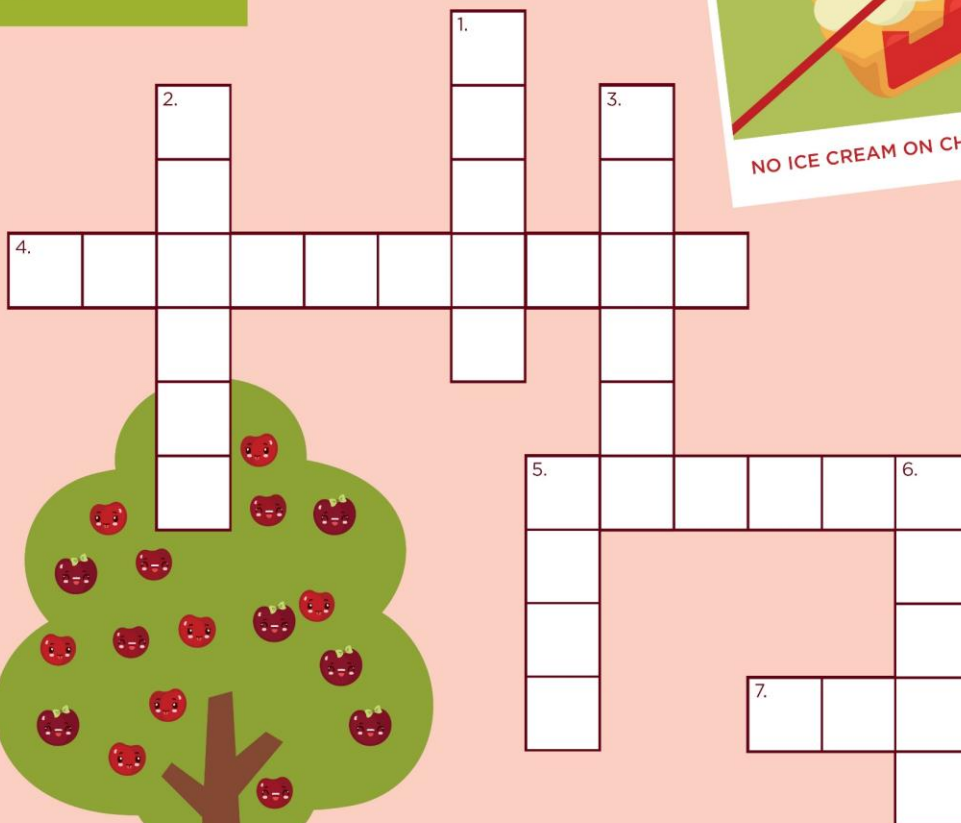
## ACTIVITY: CROSSWORD PUZZLE

### ACROSS

- Door County, Wisconsin's nickname, earned by its production of 95% of the nation's tart cherries
- State that once prohibited ice cream be served on cherry pie
- Cherries, apples, and blueberries make great filling for this dessert

### DOWN

- Fruit often bobbed for in the fall and rumored to help keep the doctor away
- Type of tree George Washington was rumored to have chopped down in his youth
- A monkey's favorite fruit
- Tropical fruit that shares its name with a flightless bird—this fruit is green on the inside, with a brown and fuzzy outside
- The number of seconds it takes to harvest a cherry tree using special machinery



This institution is an equal opportunity provider.

JOKE ANSWER: They are extremely cordial.  
 ACTIVITY ANSWER: ACROSS: 4. Cherryland; 5. Kansas; 7. Pie; DOWN: 1. Apple; 2. Cherry; 3. Banana; 5. Kiwi; 6. Seven