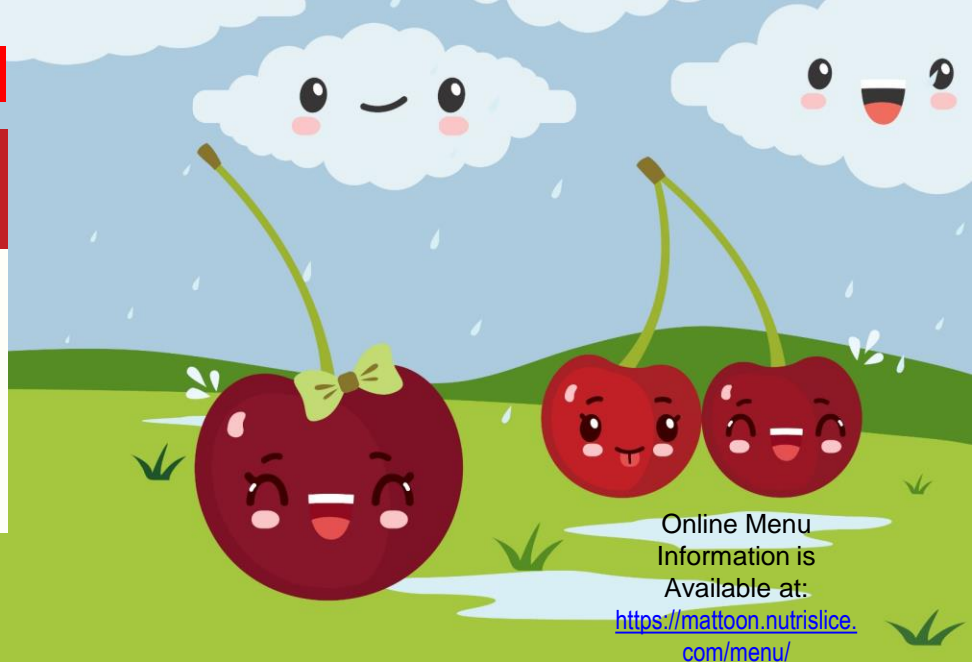


APRIL 2024

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

Milk Offered:  
1% White & Whole Milk





ACE'S CORNER



Online Menu  
Information is  
Available at:

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

^ Whole Grain Item

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>1</b> Trix Cereal^ Mandarin Oranges</p> <hr/> <p>Pizza Sticks^ &amp; Sauce Steamed Carrots Diced Peaches</p> <hr/> <p>Snack: Cinnamon Toast Crunch Cereal^ &amp; White Milk</p>	<p><b>2</b> Chocolate Chip Muffin Top^ Cinnamon Applesauce Cup</p> <hr/> <p>Grilled Cheese^ Steamed Broccoli Mandarin Oranges</p> <hr/> <p>Snack: Animal Crackers &amp; 100% Grape Juice</p>	<p><b>3</b> Cheerios Cereal^ Fresh Whole Banana</p> <hr/> <p>BBQ Rib on a Bun^ Green Beans Sour Applesauce</p> <hr/> <p>Snack: Straw/Banana Yogurt Cup &amp; Graham Crackers^</p>	<p><b>4</b> Biscuit^ &amp; Gravy Mandarin Oranges</p> <hr/> <p>Chicken Nuggets^ Tater Tots Apple Slices</p> <hr/> <p>Snack: Cheez-Its^ &amp; 100% Apple Juice</p>	<p><b>5</b> Cinnamon Toast Crunch Cereal^ Strawberry Applesauce</p> <hr/> <p>Chicken Patty on a Bun Green Beans Diced Peaches</p> <hr/> <p>Snack: ½ Bagel^ &amp; Jelly &amp; White Milk</p>
<p><b>8</b> French Toast Sticks^ Mandarin Oranges</p> <hr/> <p>Cheeseburger on a Bun^ Crinkle Fries Cinnamon Applesauce</p> <hr/> <p>Snack: ½ Soft Pretzel^ &amp; 100% Apple Juice</p>	<p><b>9</b> Egg Patty, Biscuit^, &amp; Jelly Strawberry Applesauce Cup</p> <hr/> <p>Orange Popcorn Chicken^ Peas/Carrots Apple Slices</p> <hr/> <p>Snack: Cheerios Cereal^ &amp; White Milk</p>	<p><b>10</b> Chocolate Chip Muffin Top^ Fresh Whole Banana</p> <hr/> <p>Confetti Pancakes ^ &amp; Sausage Tater Tots Diced Peaches</p> <hr/> <p>Snack: Pumpkin Breakfast Bread &amp; 100% Fruit Punch</p>	<p><b>11</b> Mixed Berry Scone^ Diced Peaches</p> <hr/> <p>Chicken Pizza Quesadilla^ Steamed Broccoli Diced Pears</p> <hr/> <p>Snack: Apple Slices &amp; Cheddar Cheese Cubes</p>	<p><b>15</b> Vanilla Yogurt &amp; Graham Crackers^ Cinnamon Applesauce Cup</p> <hr/> <p>Ham &amp; Cheese Sandwich^ Grape Tomatoes Mandarin Oranges</p> <hr/> <p>Snack: Animal Crackers ^ &amp; White Milk</p>
<p><b>16</b> Bacon Breakfast Pizza^ Diced Pears</p> <hr/> <p>Cheese Quesadilla^ Steamed Broccoli Strawberry Applesauce</p> <hr/> <p>Snack: Cheez-It Crackers^ &amp; 100% Fruit Punch</p>	<p><b>17</b> Blueberry Muffin Top^ Apple Slices</p> <hr/> <p>Chicken Nuggets^ Mashed Potatoes Diced Peaches</p> <hr/> <p>Snack: Cinnamon Toast Crunch Cereal ^ &amp; White Milk</p>	<p><b>18</b> French Toast Sticks^ Mandarin Oranges</p> <hr/> <p>BBQ Chicken on a Bun^ Green Beans Fresh Whole Banana</p> <hr/> <p>Snack: Strawberry/Banana Yogurt Cup &amp; Animal Crackers^</p>	<p><b>19</b> Honey Cheerios Cereal^ Cinnamon Applesauce</p> <hr/> <p>Pizza Sticks^ Cucumber Slices Diced Pears</p> <hr/> <p>Snack: Fresh Banana &amp; White Milk</p>	<p><b>22</b> Biscuit^ &amp; Gravy Apple Slices</p> <hr/> <p>BBQ Rib on a Bun^ Green Beans Diced Pears</p> <hr/> <p>Snack: Cheez-It Crackers^ &amp; 100% Fruit Punch</p>
<p><b>23</b> Cinnamon Toast Crunch Cereal^ Mandarin Oranges</p> <hr/> <p>Chicken Nuggets^ Steamed Carrots Diced Peaches</p> <hr/> <p>Snack: ½ Bagel^ &amp; Jelly &amp; 100% Apple Juice</p>	<p><b>24</b> Chocolate Chip Muffin Top^ Rosy Applesauce</p> <hr/> <p>Cheesy Pizzadilla^ Steamed Broccoli Apple Slices</p> <hr/> <p>Snack: Strawberry Banana Yogurt Cup &amp; Graham Crackers^</p>	<p><b>25</b> Sausage English Muffin Cinnamon Applesauce</p> <hr/> <p>Cheeseburger on a Bun^ Tater Tots Diced Pears</p> <hr/> <p>Snack: Cheddar Cheese Cubes &amp; Saltine Crackers^</p>	<p><b>26</b> Pumpkin Breakfast Bread^ Diced Peaches</p> <hr/> <p>Chicken Patty on a Bun^ Green Beans Rosy Applesauce</p> <hr/> <p>Snack: Cinnamon Toast Crunch Cereal^ &amp; White Milk</p>	<p><b>29</b> Honey Cheerios Cereal^ Strawberry Applesauce Cup</p> <hr/> <p>Popcorn Chicken^ Steamed Broccoli Mandarin Oranges</p> <hr/> <p>Snack: Blueberry Muffin Top^ &amp; 100% Grape Juice</p>
<p><b>30</b> Bosco Cheese Stick^ Diced Peaches</p> <hr/> <p>Grilled Cheese^ Crinkle Fries Diced Pears</p> <hr/> <p>Snack: Cheddar Chex Mix^ &amp; White Milk</p>				

# 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.

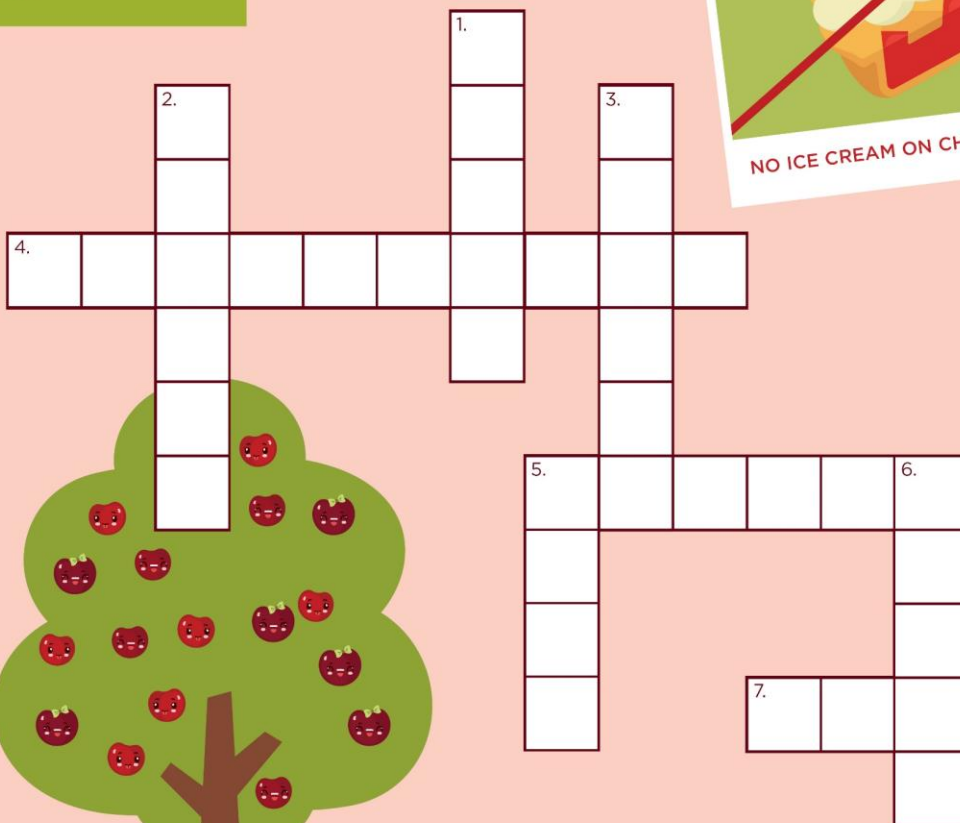
## ACTIVITY: CROSSWORD PUZZLE

### ACROSS

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

### DOWN

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



## 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

