

APRIL 2024

Join us for Breakfast in the Classroom!

Breakfast Milk Options:
1% White & 1% Chocolate

ACE'S CORNER






**PBJ will be offered daily
as the 3rd Lunch Option.**

Lunch Milk Options: 1% White, 1% Chocolate, & 1% Strawberry

Vegetarian Entrees have an *

Online Menu
Information is
Available at:

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1 Trix Cereal & String Cheese Strawberry Pop-tart & Cracker	2 Oatmeal Choc Chip Breakfast Cookies Cin Tst Cereal & Cheese Cubes	3 Blueberry Bash Waffles Vanilla Yogurt Cup & Cracker		4 Pancake on a Stick Cocoa Puffs Cereal & String Cheese			
		Fish Sticks & Cheez-its Chicken Nuggets & Breadstick	Cheeseburger on a Bun Chicken Quesadilla	Walking Taco Bosco Cheese Sticks & Sauce*		Cheese Pizza* BBQ Rib on Bun			
		Golden Corn, Steamed Carrots, Diced Pears, 100% Juice	Crinkle Fries, Mixed Vegetables, Diced Peaches, Whole Apple	Celery Sticks, Kickin Pinto Beans, Sour Applesauce, Fresh Banana		Romaine Salad, Variety Vegetable, 100% Juice, Variety Fruit			
Mini Strawberry Cream Cheese Bagel Vanilla Yogurt Cup & Cracker		5 Cinnamon Pop-tart & String Cheese Cocoa Puff Bar & String Cheese	6 Apple Frudel Cin Toast Cereal & String Cheese	7 Cinni-Mini Banana Choc Chip Benefit Bar		8 Confetti Pancakes Cocoa Puff Cereal & Cracker			
Pasta & Meatballs Chicken Tenders & Breadstick		Grilled Cheese* Hot Dog on a Bun	Chicken Dumpling & Fried Rice Cheeseburger on a Bun	French Toast Sticks & Sausage Chicken Patty on a Bun		Pepperoni Pizza Pretzel, Yogurt, Cheese Plate*			
Fresh Broccoli, Green Beans, Fruit Mix, Orange Craisins		Baby Carrots, Tater Tots, Diced Pears, 100% Juice	Edamame Beans, Peas & Carrots, Diced Peaches, Apple Slices	Fresh Zucchini, Celery Sticks, Warm Apple Slices, Fresh Banana		Baby Carrots, Variety Vegetable 100% Juice, Variety Fruit			
 No School!		15 Cinnamon Rush French Toast Blueberry NutriGrain & Cheese Cubes	16 Choc Chip Muffin Top & String Cheese Cin Toast Bar & String Cheese	17 Pancake on a Stick Trix Cereal Bowl & Cracker		18 French Toast Benefit Bar Lucky Charms Cereal & Cheese Cubes			
		Beef & Cheese Nachos Grilled Chicken on a Bun	Mini Corn Dogs w/ Mac & Cheese Cheeseburger on a Bun	BBQ Chicken Flatbread Chicken Nuggets & Breadstick		Cheese Pizza* Grilled Ham & Cheese			
		Romaine Salad, Street Style Corn, Diced Pears, 100 % Juice	Crinkle Cut Fries, Celery Sticks, Diced Peaches, Fresh Apple	Baked Beans, Fresh Cucumber, Rosy Applesauce, Fresh Banana		Fresh Baby Carrots, Variety Vegetable, 100% Juice, Variety Fruit			
Cherry Frudel Fudge Pop-tart & Cracker		22 Maple Mini Waffles Cin Toast Cereal & String Cheese	23 Cinni-Mini Oatmeal Choc Chip Breakfast Cookies	24 Banana Benefit Bar Trix Cereal & Cheese Cubes		25 Mini Str Cream Cheese Bagel Cocoa Puffs Bar & Cracker			
Twin Soft Tacos Cheese Quesadilla*		Hot Dog on a Bun Pizza Sticks & Sauce*	Confetti Pancakes & Scrambled Eggs Chicken Patty on a Bun	Chicken Tenders & Breadstick Cheeseburger on a Bun		Sausage Pizza Pretzel, Yogurt, Cheese Plate*			
Romaine Salad, Black Beans, Fresh Oranges, Cinnamon Applesauce		Golden Corn, Cucumbers Slices, Diced Pears, 100% Juice	Baby Carrots, Celery Sticks, Warm Peach Slices, Apple Slices,	Fresh Broccoli, Tater Tots Rosy Applesauce, Fresh Banana		Fresh Baby Carrots, Variety Vegetable 100% Juice, Variety Fruit			
Oatmeal Choc Chip Benefit Bar Lucky Charms & Cheese Cubes		29 Cinnamon Rush French Toast Blueberry Breakfast Bread							
Popcorn Chicken & Lo Mein Soft Pretzel & Cheese Sauce*		30 Green Wave Chicken Sandwich Mini Corn Dogs							
Steamed Broccoli, Fresh Baby Carrots, Fruit Mix, Orange Craisins		Waffle Fries, Romaine Salad, Diced Pears, 100% Juice							

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.

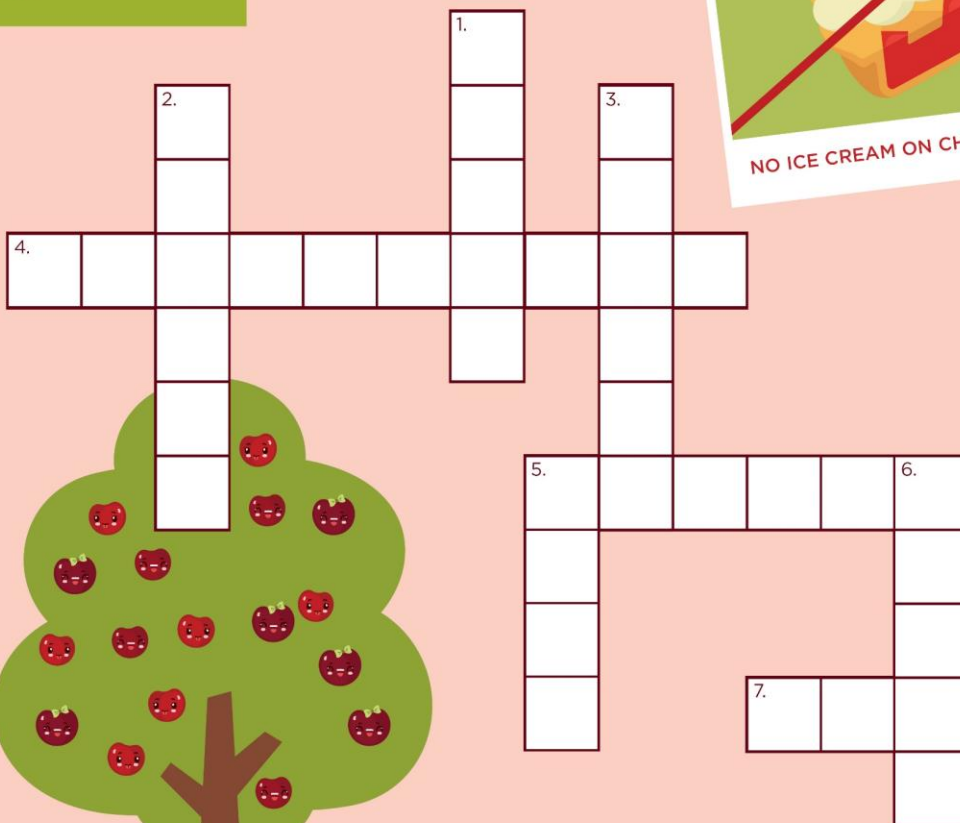
ACTIVITY: CROSSWORD PUZZLE

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

