

## Families Making the Connection

### Every Kid Healthy

*Every Kid Healthy™ Week* is an annual observance designed to celebrate schools' wellness achievements. Observed the last week of April each year, this special week shines a spotlight on the obesity epidemic affecting our children and provides an opportunity for everyone in the country to get involved in its solutions: sound nutrition, regular physical activity and health-promoting school programs.


To celebrate *Every Kid Healthy Week*, schools can implement wellness initiatives to promote and reinforce healthy eating, nutrition education, and physical education and activity in order to increase student achievement.

- Host a healthy taste test with fruits, vegetables, whole grains or lowfat dairy.
- Ask the physical education teacher or a local gym to provide a Zumba or yoga class for students, school staff and their families.
- Host a recreational field day for students and invite families to participate.
- Challenge students, staff and their families to participate in a school walk-a-thon.

Get involved:

- Join us in the cafeteria, in the classroom and on the playground during *Every Kid Healthy Week* to help schools celebrate healthy school environments.
- Take the *Every Kid Healthy* pledge. Join the movement to end childhood obesity.
- Find more info and how you can help at [www.actionforhealthykids.org](http://www.actionforhealthykids.org).

## Lunch Menu for April 2017

Monday, April 3	Tuesday, April 4	Wednesday, April 5	Thursday, April 6	Friday, April 7
Chicken Nuggets w/ Rice & Gravy NC Sweet Potato (1 ea) Garden Salad (1 C) Diced Pears (1/2 C) Milk	Chicken N' Waffle Mashed Potatoes (1/2C) California Vegetables (1/2 C) Fresh Fruit (1 ea)	Corn Dog Nuggets Glazed Carrots (1/2 C) Garden Salad (1 C) Applesauce (1/2 C) Milk	Beef-a-Roni Great Northern Beans (1/2 C) Veggie Cup (1/2 C) Fresh Fruit (1 ea) Milk	Popcorn Chicken Broccoli w/ Cheese (1 ea) Garden Salad (1 C) Mixed Fruit (1/2 C) Milk
Monday, April 10	Tuesday, April 11	Wednesday, April 12	Thursday, April 13	Friday, April 14
 <h1 style="color: #e91e63;">Spring Break</h1>				
Monday, April 17	Tuesday, April 18	Wednesday, April 19	Thursday, April 20	Friday, April 21
Beef Taco w/ Spanish Rice BBQ Pinto Beans (1/2 C) Garden Salad (1 C) Frozen Fruit Cup (1 ea) Milk	Grilled Cheese Veggie Sticks (1/2 C) Tater Tots (1/2 C) Fresh Fruit (1 ea) Milk	Cheesy Breadsticks Glazed Carrots (1/2 C) Garden Salad (1 C) Mandarin Oranges (1/2 C) Milk	Nachos Grande w/ Cornbread Muffin Black Bean & Corn Salad (1/2 C) Green Beans (1/2 C) Fresh Fruit (1 ea) Milk	Roast Chicken w/ Rice & Gravy Baked Potato (1/2 C) Garden Salad (1 C) Mixed Fruit (1/2 C) Milk
Monday, April 24	Tuesday, April 25	Wednesday, April 26	Thursday, April 27	Friday, April 28
Chicken Filet Sandwich Black-eyed peas (1/2 C) Garden Salad (1 C) Peaches (1/2 C) Milk	Tangerine Chicken w/ Rice Sweet Potato Waffle Fries (1/2 C) Green Beans (1/2 C) Fresh Fruit (1 ea) Milk	Corn Dog Nuggets French Fries (1/2 C) Garden Salad (1 C) Diced Pears (1/2 C) Milk	Stuffed Crust Pizza Veggie Sticks (1/2 C) Broccoli (1/2 C) Fresh Fruit (1 ea) Milk	Hot Dog w/ Chili Baked Beans (1/2 C) Garden Salad (1 C) Spiced Apples (1/2 C) Milk
		<p><b>We proudly serve</b></p>    		

## April

- Global Child Nutrition Month
- National Garden Month
- Earth Day (April 22)