

**Food Bytes**

*Every Kid Healthy*

*Every Kid Healthy™ Week* is an event designed to celebrate schools' wellness achievements. It occurs the last week of April each year. This special week shines a spotlight on kids' health and provides an opportunity for everyone in the country to get involved in helping kids eat right, be active and stay healthy.

To celebrate *Every Kid Healthy Week*, schools can promote healthy eating, nutrition education, and physical education and activity:

- Host a healthy taste test with fruits, veggies, whole grains or lowfat dairy.
- Ask the PE 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. Invite families to participate.
- Challenge students, staff and their families to do 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.

**Nutrilink:** Learn more about *Every Kid Healthy Week* and how you can help at [www.actionforhealthykids.org](http://www.actionforhealthykids.org).

K-6 Lunch Menu

April 2017

Monday, April 3	Tuesday, April 4	Wednesday, April 5	Thursday, April 6	Friday, April 7
Pig in a Blanket Roasted Red Potatoes Broccoli w/ cheese Fruit	Crispy Chicken Wrap Spanish Brown Rice Romaine & Tomato Fresh Cauliflower Fruit	Spaghetti w/ meat sauce Garlic Bread Garden Salad Corn Fruit	Taco Salad Tortilla Chips & Salsa Refried Beans Fruit	Crispy Chicken Drumstick Mashed Potatoes & Gravy Green Beans Fruit
Monday, April 10	Tuesday, April 11	Wednesday, April 12	Thursday, April 13	Friday, April 14
Mini Meatball Sub Ranch Potato Wedges Peas Fruit	Pizza Broccoli Potato Chips Fruit			
Monday, April 17	Tuesday, April 18	Wednesday, April 19	Thursday, April 20	Friday, April 21
	Corn Dog Green Beans Tater Tots Fruit	BBQ Pork Rib on bun Romaine & Tomato Sweet Potato Puffs Fruit	Taco Soup Tortilla Chips & Salsa Broccoli Florets Fruit	Chicken Quesadilla Refried Beans Fruit
Monday, April 24	Tuesday, April 25	Wednesday, April 26	Thursday, April 27	Friday, April 28
Hamburger on Bun Romaine & Tomato Slice Oven Fries Fruit	Chili Red Bell Pepper Strips Cinnamon Roll Fruit	Chicken Nuggets WW Roll Mashed Potatoes & Gravy Tossed Salad Fruit	Baked Ham WG Biscuit Apple Glazed Sweet Potatoes Green Beans Fruit	Mac & Cheese w/ meatballs Seasoned Peas Baby Carrots Fruit
				

Menus are subject to change.