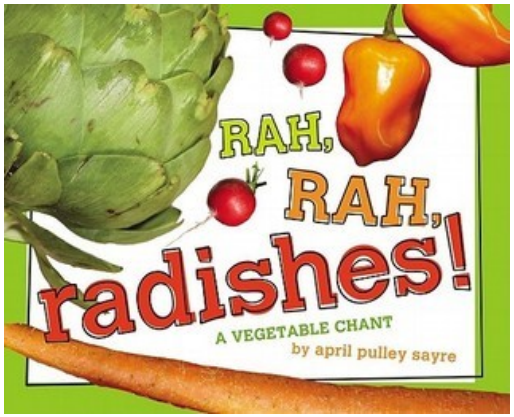
# Pre-K
## Book of the Month



## We are Hiring!!

A job in your child's school cafeteria allows you to be at home when your family needs you there.

Call 563-3424 for more information.

# April 2018

## Newburgh Enlarged City School District Pre-K Menu

**Breakfast and Lunch are available daily to ALL students for FREE!**

**USDA is an equal opportunity employer & provider**

### Tuesday, April 3

**Breakfast:**
Cinnamon UBR
100% Juice/Fresh Fruit
Milk

**Lunch:**
All White Meat Boneless Chicken Wings
Whole Wheat Dinner Roll
Whipped Sweet Potatoes
Steamed Green Beans
Chilled Applesauce
Choice of Milk

### Wednesday, April 4

**Breakfast:**
Whole Grain Pumpkin Bread
100% Juice/Fresh Fruit
Milk

**Lunch:**
Homemade Pepperoni & Cheese French Bread Pizza
Garlic Parmesan Zucchini
Fresh Fruit
Choice of Milk

### Thursday, April 5

**Breakfast:**
Whole Grain Bagel w/ Cream Cheese
100% Juice/Fresh Fruit
Milk

**Lunch:**
Cheeseburger on a Whole Wheat Bun
Baked Oven Fries
Chilled Peaches
Choice of Milk

### Friday, April 6

**Breakfast:**
Whole Grain Blueberry Muffin
Mozzarella Cheese Stick
100% Juice/Fresh Fruit
Milk

**Lunch:**
Homemade Cheese Pizza
Caesar Green Beans
Cinnamon Pears
Choice of Milk

### Monday, April 9

**Breakfast:**
Cheerios Cereal Bowl or Cheerios Cereal Bar
Mozzarella Cheese Stick
100% Juice/Fresh Fruit
Milk

**Lunch:**
All White Meat Chicken Filet on a Whole Wheat Bun
Baked Sweet Potato Wedges
Fresh Fruit
Choice of Milk

### Tuesday, April 10

**Breakfast:**
Whole Grain Mini Maple Waffles
100% Juice/Fresh Fruit
Milk

**1/2 Day**

**No Lunch Served**

### Wednesday, April 11

**Breakfast:**
Whole Grain Banana Bread
100% Juice/Fresh Fruit
Milk

**Lunch:**
Grilled Cheese on Whole Wheat Bread
Steamed Broccoli
Chilled Peaches
Choice of Milk

### Thursday, April 12

**Breakfast:**
Turkey Bacon, Egg & Cheese on a Croissant
100% Juice/Fresh Fruit
Milk

**Lunch:**
Soft Chicken & Cheese Taco
Steamed Carrots
Black Bean & Corn Salad
Fresh Fruit
Choice of Milk

### Friday, April 13

**Breakfast:**
Whole Grain Corn Mini Loaf
Mozzarella Cheese Stick
100% Juice/Fresh Fruit
Milk

**Lunch:**
Mini Cheese Pizza Bagels
Tomato Cucumber Salad
Chilled Applesauce
Choice of Milk

## Monday, April 16

**Breakfast:**
Make Your Own Parfait!
Low Fat Yogurt
Nut Free Granola
100% Juice/Fresh Fruit
Milk

**Lunch:**
Breaded Chicken with Gravy over Mashed Potatoes
Whole Grain Mini Biscuit
Steamed Carrot Coins
Fresh Fruit
Choice of Milk

## Tuesday, April 17

**Breakfast:**
Whole Grain Mini Maple Pancakes
100% Juice/Fresh Fruit
Milk

**Lunch:**
Hot Ham & Cheese on a Pretzel Roll
Baked Sweet Potato Wedges
Steamed Green Beans
Chilled Applesauce
Choice of Milk

## Wednesday, April 18

**Breakfast:**
Whole Grain Blueberry Bread
100% Juice/Fresh Fruit
Milk

**Lunch:**
Homemade Macaroni & Cheese
Whole Wheat Dinner Roll
Steamed Broccoli
Fresh Fruit
Choice of Milk

## Thursday, April 19

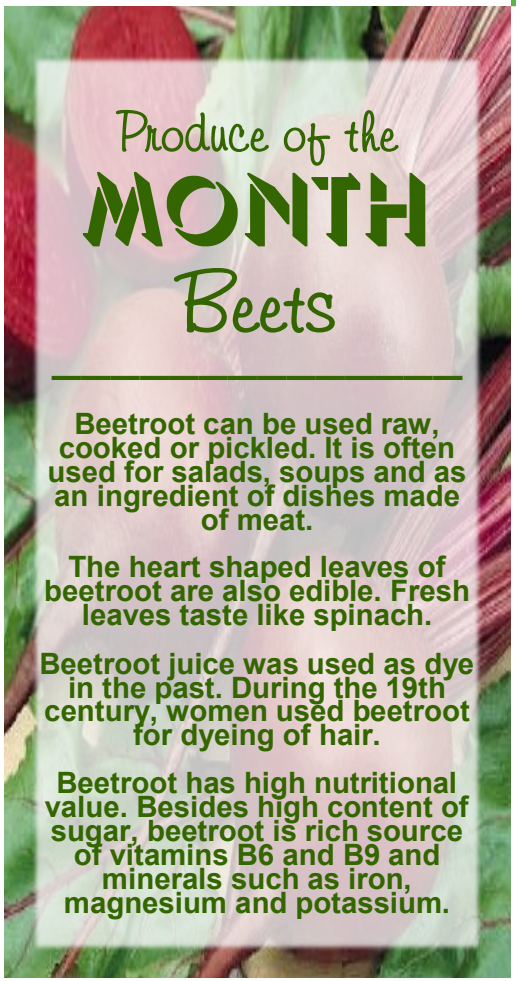
**Breakfast:**
Sausage & Cheese on a Whole Wheat Roll
100% Juice/Fresh Fruit
Milk

**Lunch:**
Beef & Cheese Nachos
Steamed Brown Rice
Golden Corn
Fresh Fruit
Choice of Milk

## Friday, April 20

**Breakfast:**
Whole Grain Apple Cinnamon Muffin
Mozzarella Cheese Stick
100% Juice/Fresh Fruit
Milk

**Lunch:**
Homemade Cheese Pizza
Fresh Spinach Salad
Homemade Pear Crisp
Choice of Milk




## Monday, April 23

**Breakfast:**
Mini Benefit Bar
Low Fat Yogurt
100% Juice/Fresh Fruit
Milk

**Lunch:**
Roasted Chicken Cubes with Gravy
Steamed Brown Rice
Steamed Green Peas
Fresh Fruit
Choice of Milk

## Tuesday, April 24

**Breakfast:**
Turkey Bacon, Egg, & Cheese Bosco Stick
100% Juice/Fresh Fruit
Milk

**Lunch:**
Golden Baked Fish Nuggets
Whole Wheat Dinner Roll
Baked Confetti Fries
Chilled Pears
Choice of Milk

## Wednesday, April 25

**Breakfast:**
Whole Grain Zucchini Bread
100% Juice/Fresh Fruit
Milk

**Lunch:**
Twisted Cheese Filled Breadsticks w/ Marinara Sauce
Steamed Broccoli
Fresh Fruit
Choice of Milk

## Thursday, April 26

**Breakfast:**
Chicken on a Biscuit
100% Juice/Fresh Fruit
Milk

**Lunch:**
Soft Beef Taco
"Refried" Beans
Steamed Carrot Coins
Chilled Peaches
Choice of Milk

## Friday, April 27

**Breakfast:**
Whole Grain Sweet Potato Muffin
Mozzarella Cheese Stick
100% Juice/Fresh Fruit
Milk

**Lunch:**
Mini Cheese Pizza Bagels
Cucumber Dill Salad
Chilled Applesauce
Choice of Milk

## Monday, April 30

**Breakfast:**
Cinnamon UBR
100% Juice/Fresh Fruit
Milk

**Lunch:**
Teriyaki Chicken & Broccoli
Steamed Brown Rice
Fresh Fruit
Choice of Milk

# Oven Roasted Beets and Sweets

### Ingredients

- 6 medium – sweet potato
- 2 medium – beet
- 1/2 teaspoon – garlic powder
- 1/2 teaspoon – onion powder
- 1 teaspoon – sea salt
- 1 tablespoon – coconut oil

### Instructions

1. Preheat oven to 400 degrees
2. Chop up sweet potatoes and beets into bite size chunks.
3. Place onto a cookie sheet lined with parchment paper and sprinkle with seasonings and oil.
4. Mix together and then place into oven.
5. After 20 minutes of baking give the sweets and beets a toss.
6. Bake for another 20-25 minutes or until slightly browned.

Recipe courtesy of www.superhealthykids.com