

Menus for April 2019

ROSEVILLE CITY SCHOOL DISTRICT

RCS D is an equal opportunity provider. Menus are subject to change.



YOU'RE GETTING WARM.



One of the best ways to avoid getting hurt – playing a sport, in gym class, and even on the playground – is to stretch out a little first and start off slowly before you go all out.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, April 1

Lunch

CHEESE BURGER
OR
BEAN AND CHEESE BURRITO

**APRIL FOOLS
DAY!!**

Tuesday, April 2

Lunch

CHICKEN NUGGETS
OR
GRILLED CHEESE SANDWICH

Wednesday, April 3

Lunch

CHICKEN PATTY SANDWICH
OR
CHEESE BREADSTICKS WITH
MARINARA

Thursday, April 4

Lunch

ORANGE CHICKEN BOWL
OR
CHEESE PIZZA

Friday, April 5

Lunch

FISH STICKS & CHIPS
OR
CHEESE ENCHILADAS

CHOCOLATE CHIP COOKIE

Monday, April 8

Lunch

CHICKEN NUGGETS
OR
BEAN AND CHEESE BURRITO

Tuesday, April 9

Lunch

BEEF TACO
OR
CHEESE PIZZA

Wednesday, April 10

Lunch

BBQ CHICKEN DRUMSTICK
OR
BREAKFAST FOR LUNCH

Thursday, April 11

Lunch

CORN DOG
OR
GRILLED CHEESE SANDWICH

Friday, April 12

Lunch

TURKEY SANDWICH
OR
MACARONI & CHEESE

HOLIDAY COOKIE

Available Daily

Every complete meal we serve comes with a choice of entrée, garden bar and your choice of low fat white or non-fat chocolate milk.



Still the best deal in town!

Breakfast

\$1.25

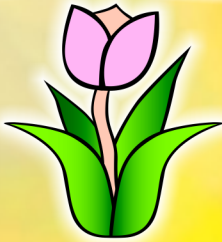
Lunch

\$3.00

Pay for meal on-line at EZSchoolPay.com
Apply on-line for Free and Reduced price meals
At WWW.EZMealAPP.com

SPRING

BREAK



**STARTS:
APRIL 15TH**

**LAST DAY:
APRIL 22ND**

Monday, April 22

**NO SCHOOL
TODAY!!**

**TEACHER
WORK DAY**

Tuesday, April 23

Lunch

BEEF TACO
OR
CHEESE PIZZA

Wednesday, April 24

Lunch

BBQ CHICKEN DRUMSTICK
OR
BREAKFAST FOR LUNCH

Thursday, April 25

Lunch

CORN DOG
OR
GRILLED CHEESE SANDWICH

Friday, April 26

Lunch

TURKEY SANDWICH
OR
MACARONI & CHEESE

BIG SPOON

Monday, April 29

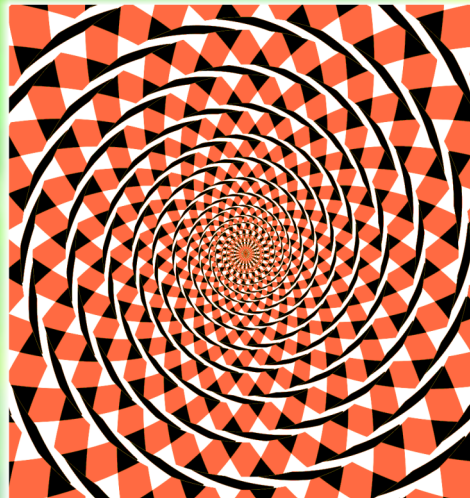
Lunch

CHEESE BURGER
OR
BEAN AND CHEESE BURRITO

Tuesday, April 30

Lunch

CHICKEN NUGGETS
OR
GRILLED CHEESE SANDWICH



**Only an
Illusion**

This image might look like a spiral, but it's not – it's a series of circles. The background makes it APPEAR to be a spiral. Try tracing one of the lines if you're not convinced. You won't move inward or outward – you'll just go around in a circle.



**What's on
YOUR
plate?**



**Q: What's the GOOFIEST
thing about a GOOBER?**



A: "Goober" is another name for a peanut, and the goofiest thing about a peanut is that it's not really a nut at all! Peanuts are really beans that grow under ground. Real nuts are sometimes called "tree nuts."

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

NUTRITION TO GO

Experts recommend that we eat at least 20-30 grams of fiber a day -- but most Americans consume less than half that much. Good sources are grains, fruits, vegetables, and beans. Check the labels on foods, like your favorite breakfast cereal -- some cereals provide ten or more grams of fiber per bowl, but shoot for at least three.

A QUICK BITE FOR PARENTS