<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Choose Two:</th>
<th>Choose One:</th>
<th>Wednesday, March 25</th>
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<tbody>
<tr>
<td></td>
<td>Egg &amp; Cheese Biscuit</td>
<td>Barbeque on Bun</td>
<td>Baked Sweet Potato</td>
<td>Sliced Peaches</td>
<td>Breakfast</td>
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<td></td>
<td>Donut</td>
<td>Garlic Cheesy Bread</td>
<td>Cole Slaw</td>
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<td>Cereal/Grahams</td>
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<td></td>
<td>Pizza*</td>
<td>Yogurt Parfait</td>
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<td>Fruit/Juice</td>
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<td>Breakfast for Lunch*</td>
<td>Mini Pancakes</td>
<td>Cherry Tomatoes w/ Dip</td>
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<td>Hot Dog*</td>
<td>Green Beans</td>
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<td>Country Chicken Salad</td>
<td>Fish Strips</td>
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<td>Vegetable Sub</td>
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<td></td>
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<td>Beef-a-Roni</td>
<td>Mashed Potatoes &amp; Gravy</td>
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<td>Hawaiian Chicken Salad</td>
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<td></td>
<td>Chicken Biscuit</td>
<td>1/2 Meat Sub &amp; Yogurt</td>
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<td>Cereal/Grahams</td>
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<td>Benefit Bar</td>
<td>1/2 Vegetable Sub &amp; Yogurt</td>
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<td>Pizza Crunchers</td>
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<td>Sausage Biscuit</td>
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<td>PB&amp;J</td>
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<td>Chicken Nuggets</td>
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<td>Steamed Cabbage</td>
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<td>Baked Beans</td>
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<td>Fresh Fruit</td>
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**Healthy Spuds!**

It’s easy and fun to make healthy and delicious “french fries” at home. Cut a medium potato (unpeeled) in quarters lengthwise, and then slice each quarter lengthwise into 3 or 4 fries. Toss with a tablespoon or two of olive oil in a zipped gallon bag, spread on a baking sheet (use parchment paper for easier clean up), sprinkle with salt and pepper, and bake at 425 for about 20 minutes or until desired crispiness. Use 2 potatoes for every 3 people. Learn more at www.choosemyplate.gov or http://kidshealth.org/kid/stay_healthy/foodpyramid.html

**Available Daily**

- Breakfast
  - Cereal/Grahams
  - Fruit/Juice

- Lunch
  - Fresh Fruit
  - Baby Carrots
  - Yogurt, String Cheese & Cheez-its

*May contain pork*
Newport News Public Schools Elementary

USDA is an equal opportunity provider and employer

Available Daily

Breakfast
Cereal/Grahams
Fruit/Juice

Lunch
Fresh Fruit
Baby Carrots
Trail Mix
Yogurt, String Cheese & Cheez-its

Monday, April 13

Breakfast
Sausage Biscuit*
PB&J

Lunch
Hamburger/Cheeseburger
Chicken Fajita
Beef Taco
Southwest Chicken Salad

Choose Two:
Sweet Potatoes
Green Peas

Choose One:
Sliced Peaches
Fresh Fruit

Tuesday, April 14

Breakfast
French Toast Sticks
Sausage N Pancake*

Lunch
Nachos & Roll
Catfish Strips & Roll
Mozzarella Sticks
Chef’s Salad

Choose Two:
Refried Beans
Spinach

Choose One:
Applesauce
Fresh Fruit

Wednesday, April 15

Breakfast
Egg & Cheese on Bun
Donut

Lunch
Chicken Nuggets
Garlic Cheesy Bread
Meatball Sub
Country Chicken Salad

Choose Two:
Garden Salad
Broccoli

Choose One:
Chilled Pears
Fresh Fruit

Thursday, April 16

Breakfast
Yogurt Parfait
Mini Pancakes

Lunch
Breakfast for Lunch*
Chicken Patty on Bun
Mini Ravioli & Roll
Chef’s Salad

Choose Two:
Green Beans
Butternut Squash

Choose One:
Spiced Apples
Fresh Fruit

Friday, April 17

Breakfast
Chicken Biscuit
Benefit Bar

Lunch
Pizza
PB&J
Totally Taco Max Snax
Hawaiian Chicken Salad

Choose Two:
Garden Salad
Corn

Choose One:
Strawberry Cup
Fresh Fruit

STATE OF MIND.
Physical activity isn’t just good for your body. Regular exercise has been shown to help guard the mind against depression, too.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!
Remember a few weeks ago when the argument between people who saw the black and blue dress and those who saw the gold and white dress almost shut down the internet? Here’s another one for you the “Adelson Checkerboard Illusion.” Do you think the two squares labeled A and B are different shades of gray? Guess what? They’re the same color! If you’re interested, you can see proof and learn more by searching online for “Checkershadow Illusion - MIT.”

**Monday, April 20**
- **Breakfast**
  - Sausage Biscuit®
  - PB&J
- **Lunch**
  - Beef Taco
  - Garden Burger on Bun
  - Chicken Patty on Bun
  - Southwest Chicken Salad
- **Choose Two:**
  - Baked Beans
  - Broccoli
- **Choose One:**
  - Fruit Cup
  - Fresh Fruit

**Tuesday, April 21**
- **Breakfast**
  - French Toast Sticks
  - Sausage N Pancake®
- **Lunch**
  - Macaroni & Cheese & Fish Sticks
  - Corndog
  - Grilled Cheese
  - Chef’s Salad®
- **Choose Two:**
  - Spinach
  - Garden Salad
- **Choose One:**
  - Applesauce
  - Fresh Fruit

**Wednesday, April 22**
- **Breakfast**
  - Egg & Cheese Biscuit
  - Donut
- **Lunch**
  - Barbeque on Bun®
  - Garlic Cheesy Bread
  - Yogurt Parfait
  - Country Chicken Salad
- **Choose Two:**
  - Sweet Potato Puffs
  - Cole Slaw
- **Choose One:**
  - Sliced Peaches
  - Fresh Fruit

**Thursday, April 23**
- **Breakfast**
  - Yogurt Parfait
  - Mini Pancakes
- **Lunch**
  - Baked Chicken & Roll
  - Rib-B-Que on Bun®
  - Yogurt Parfait
  - Chef’s Salad
- **Choose Two:**
  - Mashed Potatoes & Gravy
  - Green Beans
- **Choose One:**
  - Mixed Fruit Cup
  - Fresh Fruit

**Friday, April 24**
- **Breakfast**
  - Chicken Biscuit
  - Benefit Bar
- **Lunch**
  - 1/2 Meat Sub & Yogurt
  - 1/2 Vegetable Sub & Yogurt
  - Pizza Crunchers
  - Hawaiian Chicken Salad
- **Choose Two:**
  - Garden Salad
  - Corn
- **Choose One:**
  - Chilled Pears
  - Fresh Fruit

**Monday, April 27**
- **Breakfast**
  - Sausage Biscuit®
  - PB&J
- **Lunch**
  - Nachos & Roll
  - Burrito
  - Grilled Cheese
  - Southwest Chicken Salad
- **Choose Two:**
  - Refried Beans
  - Broccoli
- **Choose One:**
  - Fruit Cup
  - Fresh Fruit

**Tuesday, April 28**
- **Breakfast**
  - French Toast Sticks
  - Sausage N Pancake®
- **Lunch**
  - Corndog Nuggets
  - Hamburger/Cheeseburger
  - Cheese Quesadilla
  - Chef’s Salad
- **Choose Two:**
  - Baked Beans
  - Spinach
- **Choose One:**
  - Peaches
  - Fresh Fruit

**Wednesday, April 29**
- **Breakfast**
  - Egg & Cheese Biscuit
  - Donut
- **Lunch**
  - Pizza®
  - Breakfast for Lunch®
  - Garden Burger on Bun
  - Country Chicken Salad
- **Choose Two:**
  - Garden Salad
  - Corn
- **Choose One:**
  - Spiced Apples
  - Fresh Fruit

**Thursday, April 30**
- **Breakfast**
  - Yogurt Parfait
  - Mini Pancakes
- **Lunch**
  - Hot Dog®
  - Catfish Strips & Roll
  - Vegetable Sub
  - Chef’s Salad
- **Choose Two:**
  - Cherry Tomatoes w/ Dip
  - Green Beans
- **Choose One:**
  - Applesauce
  - Fresh Fruit

**Our Nation's History**

The first Earth Day took place 45 years ago this month on April 22, 1970. Wisconsin Senator Gaylord Nelson, a Democrat, and California Congressman Pete McCloskey, a Republican, co-chaired events at schools, colleges, and parks across the U.S. that drew 20 million Americans outside on a Spring day to make a commitment to care for the environment. Earth Day is now celebrated in nearly 200 nations around the world.