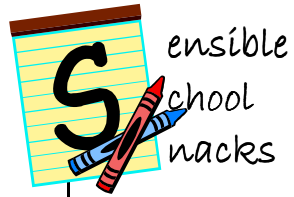







# April 2008



	Mon	Tue	Wed	Thu	Fri	
<b>Breakfast Thoughts</b>	<p>Small muffin, celery &amp; dip, fruit cup, milk</p> 	<p>Raisin Bread with butter, yogurt, water</p>	<p>Dry cereal, peach, yogurt, juice</p>	<p>Muffin, Banana, juice</p> 	<p>Pumpkin loaf, yogurt tube, apple juice</p>	
<b>Snack Ideas</b>	<p>2 mini pitas with egg salad, carrot sticks &amp; dip, milk pudding, water</p>	<p>½ cheese sandwich, broccoli &amp; dip, fruit juice, oatmeal cookies</p>	<p>Hot chocolate made with milk, 1 slice whole wheat bread with jam, banana</p> 	<p>Whole grain crackers, cheese cubes, pineapple chunks, water</p>	<p>Slice of pizza, cucumbers &amp; dip, pear, chocolate milk</p>	
<b>Lunch Samples</b>	<p>½ ham sandwich, carrot sticks &amp; dip, fig bars, milk</p>	<p>Ranch dressing, pita triangles, cucumbers, tomato wedges, milk</p>	<p>Pasta salad with mozzarella cheese, pepper &amp; dip, water</p>	<p>Tuna wrap, cauliflower &amp; dip, peach, chocolate milk</p>	<p>Macaroni &amp; Cheese, peppers &amp; dip, grapes, water</p>	
<b>Tips</b>	<p>Freeze your juice box it doubles as an ice pack and keeps cold lunches cold.</p>		<p><b>Nutrition Facts for 1 Apple</b>            121 calories            0.5 g fat            25 g carbohydrate            2.7 g fiber            3.3 g protein</p> 	<p>Pumpkins contain potassium and vitamin K</p>	<p>Pack lunches while cleaning up dinner – leftovers add variety to lunches, and two meals for one cleanup saves time!</p>	