

# Menus for April 2019

**BALDWIN SCHOOL DISTRICT**



This institution is an equal opportunity provider.  
Menus are subject to change.

**PLEASE  
STAY  
ALERT!**

THE FIRST OF APRIL IS  
APRIL FOOLS DAY!  
DON'T BE FOOLED!



**PLEASE SEE THE OTHER  
PAGE FOR A LIST OF THE  
GREATEST APRIL FOOLS  
TRICKS OF ALL TIME!**



*Available Daily*

**FRUIT AND JUICE CHOICE  
MILK CHOICE  
DESSERT  
ASSORTED DIPPING SAUCES**



## IF THE SHOE FITS . . .



The shoebill bird of Africa has one of the most appropriate names of any animal on earth!

That giant beak is shaped just like a really big shoe! A shoebill will stand still in the water for hours before suddenly plunging its head into the water to catch fish up to a foot and a half long, as well as any other delicacies unlucky enough to wander into a shoebill's range.

"Shoebill"  
by Bob Owen/  
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## ANIMAL APPETITES

**Monday, April 1**

**Lunch**

HAMBURGER W/TRIMMINGS  
HAM & CHEESE HOAGIE  
W/TRIMMINGS  
CHEF SALAD  
BROCCOLI  
SWEET POTATOES

**Tuesday, April 2**

**Lunch**

TURKEY ROAST W/ GRAVY  
BEEF-A-RONI  
GARLIC TOAST  
CHEF SALAD  
MIXED VEGGIES  
MASHED POTATOES

**Wednesday, April 3**

**Lunch**

CHICKEN NUGGETS W/ROLL  
BACON CHEESEBURGER  
W/TRIMMINGS  
CHEF SALAD  
OVEN FRIES  
BUTTER BEANS

**Thursday, April 4**

**Lunch**

BBQ RIB SANDWICH  
HAM & CHEESE HOAGIE  
CHEF SALAD  
GLAZED CARROTS  
BROCCOLI

**Friday, April 5**

**Lunch**

PIZZA  
TURKEY WRAP  
CHEF SALAD  
CORN  
SWEET POTATOES

**Monday, April 8**

**Lunch**

BEEF STROGANOFF  
W/ PASTA  
YEAST ROLL  
HAM AND CHEESE WRAP  
CHEF SALAD  
BUTTERNUT SQUASH  
BUTTER BEANS

**Tuesday, April 9**

**Lunch**

TACO SALAD W/ SPANISH  
RICE  
HAM & CHEESE MELT  
CHEF SALAD  
CORN  
SWEET POTATOES

**Wednesday, April 10**

**Lunch**

CHICKEN ROTINI W/ TOAST  
BBQ PULLED PORK  
SANDWICH  
CHEF SALAD  
GREEN BEANS  
SIDE SALAD

**Thursday, April 11**

**Lunch**

GRILLED CHICKEN  
SANDWICH  
RAVIOLI W/ GARLIC TOAST  
CHEF SALAD  
BROCCOLI  
BUTTERNUT SQUASH

**Friday, April 12**

**Lunch**

PIZZA  
HAMBURGER  
CHEF SALAD  
CORN  
SWEET POTATOES

Monday, April 15

**Lunch**

BBQ RIB SANDWICH  
HAM & CHEESE HOAGIE  
CHEF SALAD  
GLAZED CARROTS  
BROCCOLI

Tuesday, April 16

**Lunch**

TACO SALAD W/SPANISH RICE  
HAM & CHEESE MELT  
CHEF SALAD  
CORN  
SWEET POTATOES

Wednesday, April 17

**Lunch**

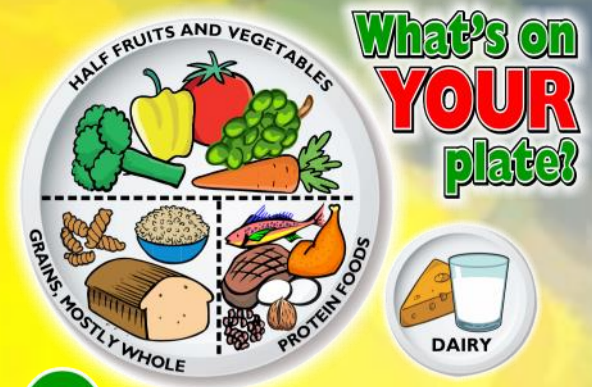
TURKEY ROAST W/ GRAVY  
BEEF-A-RONI W/TOAST  
CHEF SALAD  
MIXED VEGGIES  
MASHED POTATOES

Thursday, April 18

**Lunch**

CHICKEN NUGGETS  
BACON CHEESEBURGER  
W/TRIMMINGS  
YEAST ROLL  
CHEF SALAD  
OVEN FRIES  
BUTTER BEANS

Friday, April 19



What's on YOUR plate?

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

Monday, April 22



Tuesday, April 23

**Lunch**

CHILI CHEESE CORN CHIPS  
HAM & CHEESE HOAGIE  
W/ TRIMMINGS  
CHEF SALAD

Wednesday, April 24

**Lunch**

BAKED ITALIAN CHICKEN  
CHEESEBURGER  
W/TRIMMINGS  
MASHED POTATO  
PURPLE HULL PEAS  
CORN BREAD  
CHEF SALAD

Thursday, April 25

**Lunch**

BBQ PULLED PORK  
TURKEY & CHEESE WRAP  
BAKED BEANS  
CONFETTI COLESLAW  
PASTA SALAD  
CHEF SALAD

Friday, April 26

**Lunch**

PIZZA  
TURKEY WRAP  
CHEF SALAD  
CORN  
SWEET POTATOES



**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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, April 29

**Lunch**

GRILLED CHICKEN SANDWICH  
RAVIOLI W/GARLIC TOAST  
CHEF SALAD  
BROCCOLI  
BUTTERNUT SQUASH

Tuesday, April 30

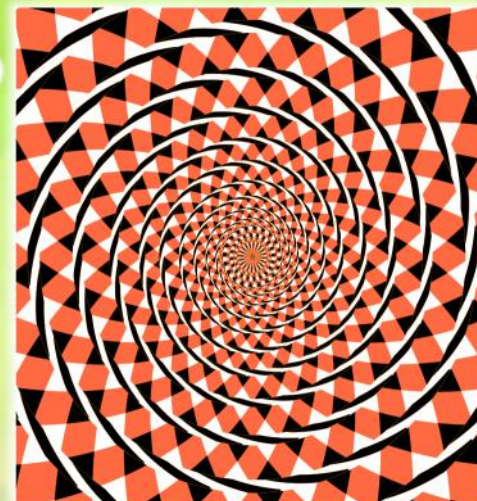
**Lunch**

TACO SALAD W/SPANISH RICE  
HAM & CHEESE MELT  
CHEF SALAD  
CORN  
SWEET POTATOES

**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**



**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.