

Greeneville City Schools Pre-K

April Menu 2019



**The original value meal
& still a fantastic deal!**

Breakfast Lunch

\$1.60

\$2.35

Get in touch with us today to learn

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

Breakfast

Pancakes w/
Sausage
Fruit & Milk

Lunch

PB&J
Carrots
Fruit
Milk

Tues. April 2

Breakfast

Sausage, Egg, &
Cheese Biscuit
Fruit & Milk

Lunch

Lasagna Rollup
Rice
Smiley Potatoes
Texas Toast
Fruit & Milk

Wed. April 3

Breakfast

French Toast
Sticks
Fruit & Milk

Lunch

Teriyaki Dippers
Corn
Green Beans
Fruit & Milk

Thurs., April 4

Breakfast

Chicken Biscuit
Fruit & Milk

Lunch

Spaghetti w/
Texas Toast
Salad
French Fries
Carrot Sticks
Fruit & Milk

Friday, April 5

Breakfast

Gravy & Biscuit w/
side of Steak
Fruit & Milk

Lunch

Turkey & Gravy
w/ WG Roll
Mashed Potatoes
Peas
Fruit & Milk

Monday, April 8

Breakfast

Breakfast
Fruit and 100% Fruit Juice
Entrees 1. Cereal or Poptart
Or
2. Yogurt w/ Toast

Lunch

1. PB Sandwich w/ Turkey Stick
2. Cheese Sandwich w/ Turkey Stick

Tuesday, April 9

Breakfast

French Toast
Sticks
Fruit & Milk

Lunch

Chicken & Waffles
Baked Beans
Hash brown
Fruit & Milk

Wed. April 10

Breakfast

Sausage, Egg &
Cheese Biscuit
Fruit & Milk

Lunch

Hamburger
French Fries
Blueberry Crisp
Milk

Thursday, April 11

Breakfast

Chicken Biscuit
Fruit & Milk

Lunch

Fajitas
Corn
Carrot Sticks
Fruit & Milk

Friday, April 12

Breakfast

Gravy & Biscuit w/
side of Steak
Fruit & Milk

Lunch

Pizza
French Fries
Veggie Cups
Fruit & Milk

Monday, April 15

Breakfast

Egg Omelet, Toast,
Sausage
Fruit & Milk

Lunch

Chicken Sliders
Hash Browns
Mixed V

Tuesday, April 16

Breakfast

Pancakes w/ Steak
Fruit & Milk

Lunch

Rib Pattie on a
Bun
French Fries
Salad
Fruit & Milk

Wed., April 17

Breakfast

Chicken & Waffles
Fruit & Milk

Lunch

Turkey Wrap
Mashed Potatoes
Green Beans
Fruit & Milk

Thursday, April 18

Breakfast

Sausage, Egg, &
Cheese Biscuit
Fruit & Milk

Lunch

Bacon
Cheeseburger
Potato Smiles
Fruit & Milk

Friday, April 19



Monday, April 22

Breakfast

Steak Omelet w/
Toast
Fruit & Milk

Lunch

Grilled Chicken
Pattie
Salad
Smiley Potatoes
Fruit & Milk

Tuesday, April 23

Breakfast

Frudel or Muffin
Fruit & Milk

Lunch

Sloppy Joes
French Fries
Baked Beans
Fruit & Milk

Wed., April 24

Breakfast

Egg, Sausage,
Toast
Fruit & Milk

Lunch

Pot Pie
Broccoli w/ Cheese
Glazed Carrots
Fruit & Milk

Thursday, April 25

Breakfast

Chicken & Waffles
Fruit & Milk

Lunch

BBQ
Whole Potatoes
Green Beans
Blueberry Cobbler
Milk

Friday, April 26

Breakfast

Gravy & Biscuit w/
side of Steak
Fruit & Milk

Lunch

Turkey Sandwich
Corn
Carrots w/ Dip
Mixed Fruit w/
Jello
Milk

Monday, April 29

Breakfast

Frudel
Fruit & Milk

Lunch

PB & J
Turkey Stick
Carrots
Fruit & Milk

Tuesday, April 30

Breakfast

French Toast
Sticks
Fruit & Milk

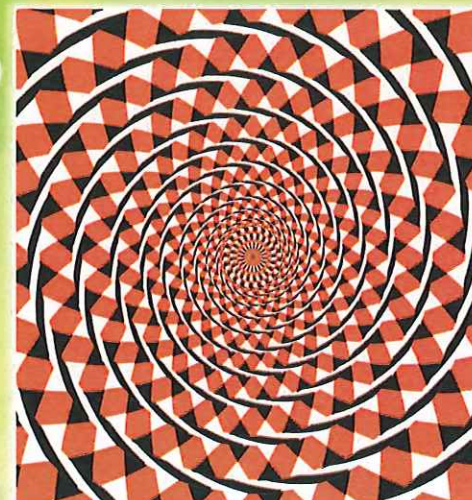
Lunch

Grilled Chicken
Parmesan
Salad
Corn on the cob
Fruit & Milk

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.