

# Greeneville City Schools Pre-K - GTC

## 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**

Cereal  
Raisins & Milk

#### **Lunch**

PB&J  
Carrots  
Fruit  
Milk

### Tues. April 2

#### **Breakfast**

Toast w/ Jelly  
Peaches & Milk

#### **Lunch**

Lasagna Rollup  
Rice  
Smiley Potatoes  
Texas Toast  
Fruit & Milk

### Wed. April 3

#### **Breakfast**

French Toast  
Sticks  
Blueberries & Milk

#### **Lunch**

Teriyaki Dippers  
Corn  
Green Beans  
Fruit & Milk

### Thurs., April 4

#### **Breakfast**

Pancakes  
Mixed Fruit  
& Milk

#### **Lunch**

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

### Friday, April 5

#### **Breakfast**

Biscuit  
Pineapples  
& Milk

#### **Lunch**

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

### Monday, April 8

#### **Breakfast**

Cereal  
Raisins & Milk

#### **Lunch**

Chicken & Waffles  
Baked Beans  
Hash brown  
Fruit & Milk

### Tuesday, April 9

#### **Breakfast**

Pancakes  
Fruit & Milk

#### **Lunch**

Pot Pie  
Mashed Potatoes  
Peas  
Fruit & Milk

### Wed. April 10

#### **Breakfast**

Toast w/ Jelly  
Fruit & Milk

#### **Lunch**

Hamburger  
French Fries  
Blueberry Crisp  
Milk

### Thursday, April 11

#### **Breakfast**

Waffles  
Fruit & Milk

#### **Lunch**

Fajitas  
Corn  
Carrot Sticks  
Fruit & Milk

### Friday, April 12

#### **Breakfast**

Biscuit  
Fruit & Milk

#### **Lunch**

Pizza  
French Fries  
Veggie Cups  
Fruit & Milk

#### **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





Monday, April 15

**Breakfast**

Toast, w/ Jelly  
Fruit & Milk

**Lunch**

Chicken Sliders  
Hash Browns  
Mixed V

Tuesday, April 16

**Breakfast**

Pancakes  
Fruit & Milk

**Lunch**

Rib Pattie on a  
Bun  
French Fries  
Salad  
Fruit & Milk

Wed., April 17

**Breakfast**

Waffles  
Fruit & Milk

**Lunch**

Turkey Wrap  
Mashed Potatoes  
Green Beans  
Fruit & Milk

Thursday, April 18

**Breakfast**

Biscuit  
Fruit & Milk

**Lunch**

Bacon  
Cheeseburger  
Potato Smiles  
Fruit & Milk

Friday, April 19



Monday, April 22

**Breakfast**

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**

Poptart  
Fruit & Milk

**Lunch**

Pot Pie  
Broccoli w/ Cheese  
Glazed Carrots  
Fruit & Milk

Thursday, April 25

**Breakfast**

Waffles  
Fruit & Milk

**Lunch**

BBQ  
Whole Potatoes  
Green Beans  
Blueberry Cobbler  
Milk

Friday, April 26

**Breakfast**

Biscuit  
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

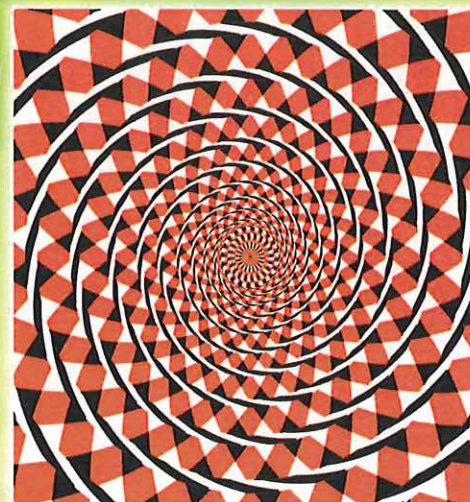
**Lunch**

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.