

APRIL

TIGER CAFÉ
@ MAIN (Elem/JH)

2019

GOOD EATS AT

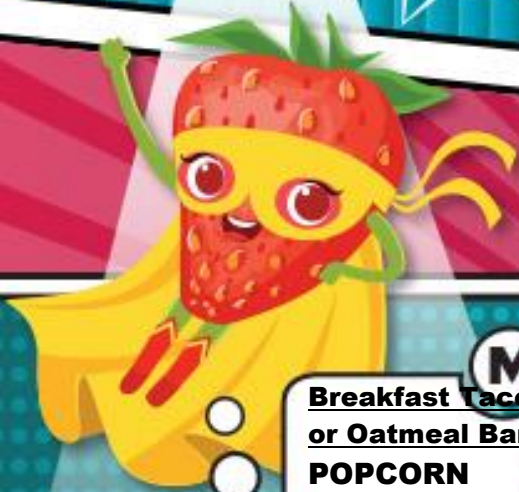
Breakfast-

Offered Daily:
Cereal
Yogurt
Graham Crackers
Variety of Fruit
100% Fruit Juice
Variety of Milk

Lunch -

Offered Daily:
Chef Salad
Variety of Fruit
Variety of Vegetables
Whole Grains
Variety of Milk

Also Offered:
Turkey Sandwich or
Turkey Wrap



I'm the **BOUNDLESS BERRY**

LENT OPTIONS WILL BE OFFERED ON ASH WEDNESDAY AND EVERY FRIDAY UNTIL EASTER

| M | T | W | TH | F |
|---|---|--|---|--|
| Breakfast Taco or Oatmeal Bar POPCORN CHICKEN BOWL 1 | Donut Holes / Poptart & Cheese Stick CHILI CHEESE FRIES 2 | Bkt Sandwich / Cinnamon Roll BEEF SPAGHETTI 3 | Pancake / Mini Corndogs BREADED CHEESE STICK 4 | Soft Pretzel / Chicken Biscuit PULLED PORK STREET TACOS 5 |
| Breakfast Pizza/Fruedel COUNTRY FRIED STEAK 6 | Donuts or Biscuits & jelly ENCHILADA AND TAMALE PLATE 9 | Pig n Blanket or Fruit Muffin ORIENTAL BOWL | Yogurt Parfait Sausage on Stick FRITO PIE 11 | Eggs, Sausage & Toast / Waffle CHICKEN DRUMSTICK 12 |
| Breakfast Taco or Oatmeal Bar CHICKEN NUGGETS 15 | Donut Holes or Poptart / Cheese Stick CHICKEN QUESADILLA 16 | Bkt Sandwich / Cinnamon Roll BREAKFAST FOR LUNCH 7 | Pancake / Mini Corndogs BEEF TACO 18 |  |
| Breakfast Pizza/Fruedel CHICKEN FAJITA 22 | Sausage Biscuit or Fruit Muffin STEAK FINGERS 23 | Donut / Pig n Blanket CORNDOG 24 | Yogurt Parfait / Pancake Stick CHICKEN STRIPS 25 | NO SCHOOL - BAD WEATHER DAY. 26 |
| Bacon-Egg Pizza or Soft Pretzel CHICKEN PARMESAN 29 | Eggs, Sausage & Toast or Waffle BEEF & CHEESE NACHO 30 | <p>ART CONTEST ENDS</p> <p>"You ART What You Eat" Art Contest ENDS APRIL 12TH SquareMeals.org/artcontest</p> | | |

BOUNDLESS BERRY

Strawberry



During a heavy storm, the littlest berry in a strawberry patch on the outskirts of Healthyville was picked up by a strong wind and taken so high up in the air that a reaction occurred allowing her the ability to regenerate her seeds. As the strawberry fell from the sky she realized that the green tips of her hair were also able to spin so fast allowing her to fly. At that moment, she became The Boundless Berry. She wanted all of the kids of the world to have access to delicious healthy strawberries so she flew around the world planting strawberries at every location she could, giving children access to vitamin C and fiber to help boost their immune systems and grow strong.

FUN FACT

Strawberry is the most popular berry in the United States.

BOUNDLESS BERRY'S FAVORITE ACTIVITIES

Fishing, Canoeing and Running



POW!

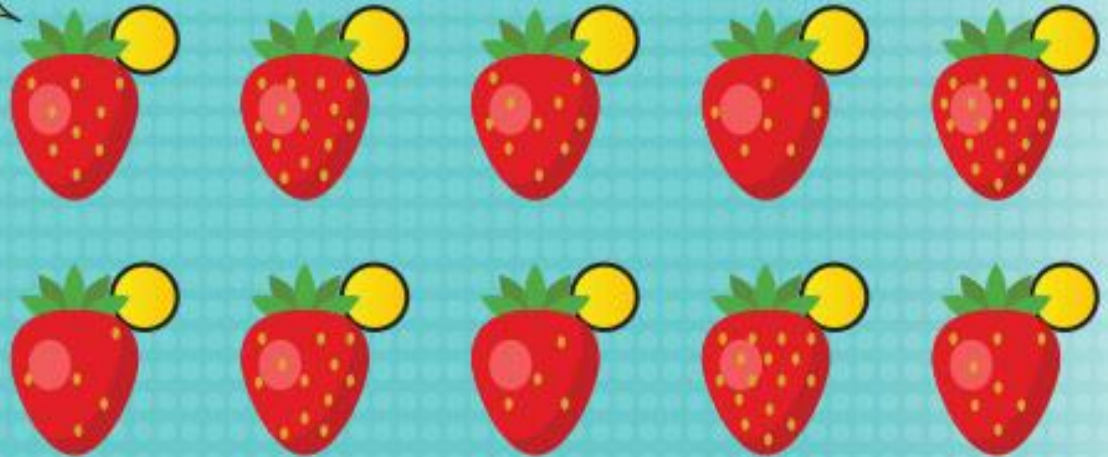
ARCH ENEMY

Strawberry Flavored Candy



COUNT 'EM!

Identify the correct number of seeds on each strawberry.



JOKE OF THE MONTH

Q: Why were the strawberries so upset?

A: Because they were in a jam!

Sources: Texas A&M and Agrilife Extension