



SPRING March 4- June 6, 2019

Chico Unified Elementary School



Items in Green are entrees that can be made Gluten Free. These are for students with a medical meal accommodation form on file.

BREAKFAST

LUNCH

ELEMENTARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Multigrain Cereal Pancake & Sausage on a stick Breakfast Bar Yogurt & Granola GF	Multigrain Cereal French Toast Sticks Country Pizza Pie Breakfast Sandwich for GF	Multigrain Cereal Fresh Baked Muffin Top Breakfast Sandwich for GF Breakfast Sandwich for GF	Multigrain Cereal Fresh Baked Wheat Cinnamon Roll Waffle W/ Sausage Yogurt and Granola GF	Multigrain Cereal Fresh Baked Muffin Breakfast Sandwich Breakfast Sandwich for GF
Chico Chicken Chunks W/Tots Full Moon Cheese Pizza Red Rocket Pepperoni Pizza Specialty Pizza Yogurt, String Cheese & Granola Manager Choice Sandwich	Beef Taco w/ Tortilla Chips Full Moon Cheese Pizza Red Rocket Pepperoni Pizza Chicken Burger PB&J Sandwich	Chicken & Cheese Taquitos (2) Full Moon Cheese Pizza Red Rocket Pepperoni Pizza Cheese Burger Hamburger Specialty Salad W/ Chips COOKIE Must take 1/2 cup Fruit and Or Vegetable Daily	Asian Orange Chicken W/ Rice Full Moon Cheese Pizza Red Rocket Pepperoni Pizza Corn Dog Bean & Cheese Burrito	Chili Cheese Wedges W/ Chips Full Moon Cheese Pizza Red Rocket Pepperoni Pizza Hamburger Cheese Burger PB&J Sandwich

GARDEN BAR SERVED FOR LUNCH DAILY W/ SEASONAL FRESH FRUITS & VEGETABLES AND IS OFFERED WITH A MILK

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director of Adjudication, and 1400 Independence Ave, SW, Washington, D.C. 20250-9401 or call toll free (866)632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through Federal Relay Service at (800)877-8339; or (800)845-6136(Spanish). USDA is an equal opportunity provider and employer.

wanna stay fit?
gotta eat right!

item: asparagus verdict: grounded



tip: It's coming out of the ground -- and should be headed for your plate! Asparagus is a perennial plant that starts poking up out of the ground this time every year. Fresh asparagus -- steamed, grilled, sauteed -- is one of the true harbingers of warmer weather to come!



Based
on five
large
spears



Hippos can open their mouths as much as four feet wide! They mainly just use that massive maw to graze on grass, and although they spend most of the day in the water, they are asleep much of that time and prefer to eat plants they find on dry land.

ANIMAL APPETITES

FRUIT

Blood Orange



Blood oranges have a sweeter, less acidic taste than the more common navel orange. Both the skin and the flesh have a reddish hue. They can contain 40% more Vitamin C than other oranges.

OF THE MONTH

National Holidays in April 2019

April 1. April Fools Day

April 3. National Find a Rainbow Day

April 6. National Student Athlete Day

April 10. National Siblings Day

April 12. National Grilled Cheese Sandwich Day

April 14. National Reach as High as You Can Day

April 19. NO SCHOOL

April 22.1 NO SHCOOL

April 23. National Picnic Day

April 25. National Zucchini Bread Day

SPIN YOUR WHEELS.



Biking may be the only activity that combines exercise, fun, AND transportation! Just remember to always wear bright clothes, a helmet, and close-toed shoes – and follow the rules of the road!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

APRIL BIRTHDAYS

Thomas Jefferson -- April 13
Queen Elizabeth II (90) -- April 21
Ella Fitzgerald -- April 25
Duke Ellington -- April 29
Dale Earnhardt -- April 29
Travis Scott (24) -- April 30

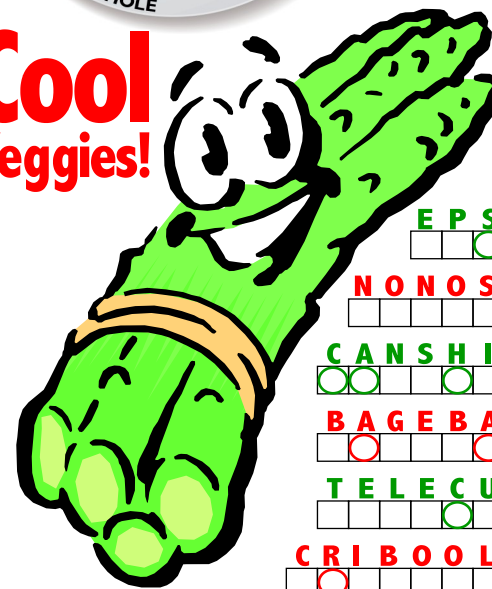
fresh garden bar!



Served EVERY Day!!



Cool Veggies!



E	P	S	A
		○	

N O N O S I

--	--	--	--	--	--

C A N S H I P

B	A	G	E	B	A	C
	○				○	

T E L E C U T

C R I B O O L C

Some vegetables are called "cold hardy." That means they can be harvested in the cool of winter in Florida or California. Or, in the colder states, they can be planted in early spring, up to 6 weeks before the last freeze. We've scrambled the names of some of these tough guys above. Unscramble them, then write the circled letters below and unscramble to name the cold hardy veggie that's pictured here!

CIRCLED LETTERS:

ANSWER

--	--	--	--	--	--	--	--	--