

APRIL 2018

MON

TUE

WED

THUR

FRI

Spring Break

2

Spring Break

3

Spring Break

4

Spring Break

5

Spring Break

6

BREAKFAST
General Mills Small
Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
W/G Pizza
Green Beans
Apple Sauce

9

BREAKFAST
General Mills Small
Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
Hot Dog on WG Bun
Baked Beans
Peaches

10

BREAKFAST
General Mills Small
Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
Pork BBQ on W/G Bun
Baked Fries
Cole Slaw, Oranges

11

BREAKFAST
General Mills Small
Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
W/G Chicken Nuggets
Steamed Collards
Fruit Cocktail

12

BREAKFAST
General Mills Small
Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
Ravioli/Meat Sauce
Toss Salad, Texas Toast
Mandarin Oranges

13

BREAKFAST
General Mills Small
Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
Fish-Fil-A
Green Beans
Apple Sauce

16

BREAKFAST
General Mills Small
Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
W/G Max Snax
Fiesta Rice
Mandarin Oranges

17

BREAKFAST
General Mills Small
Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
Cheeseburger on Bun
Sweet Potatoes
Bananas

18

BREAKFAST
General Mills Small
Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
W/G Corn Dog Nuggets
Baked Beans
Peaches

19

BREAKFAST
General Mills Small
Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
W/G Cheese Pizza
Broccoli Florets
Pineapple Tidbits

20

Breakfast
General Mills Small
Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
Breakfast for Lunch:
Turkey Sausage Links,
Cinnamon Toast Sticks

23

BREAKFAST
General Mills Small
Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
Chicken Patty WG Bun
Steamed Collards
Fruit Cocktail

24

BREAKFAST
General Mills Small
Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
Hot Dog on WG Bun
Baked Fries
Apples

25

BREAKFAST
General Mills Small
Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
WW PBJ or Turkey
Cheese Sandwich
Carrots, Pears

26


BREAKFAST
General Mills Small
Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
Ravioli/Meat Sauce
Toss Salad, Texas Toast
Grapes

27

BREAKFAST
General Mills Small
Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
LUNCH
Pork BBQ on W/G Bun
Baked Fries
Cole Slaw, Fruit Cocktail

30

Good Eats at:
Cathedral of Faith Christian School
2020 Portlock Road
Chesapeake, VA 23324
www.cathedraloffaithcs.org



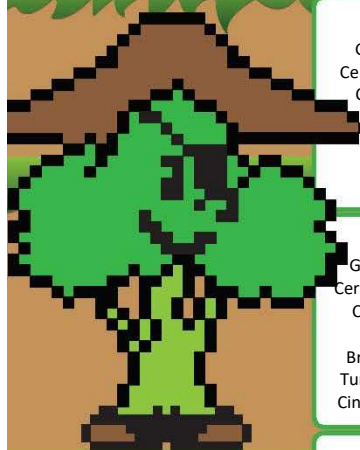
SPECIAL ANNOUNCEMENTS

SPRING BREAK: 2 – 6

EARLY BIRD SUMMER CAMP REGISTRATION: 16 – 30

2018 – 2019 SCHOOL YEAR REGISTRATION: 30

+200
+100
+50



Fun facts on back!

'YOU ART WHAT YOU EAT'
ART CONTEST CONTINUES. ENTER TODAY!
squaremeals.org/artcontest



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Launch PAD

BROCCOLI GROWING REGIONS

1. Winter Garden
2. Rio Grande Valley

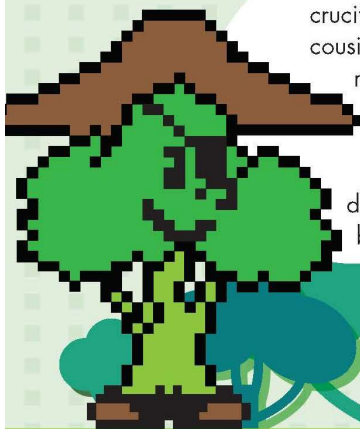


Healing HERO

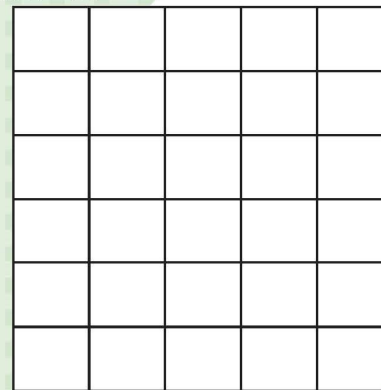
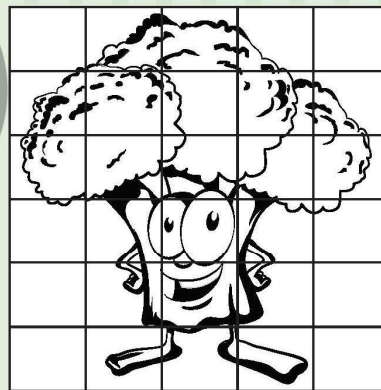
I am filled with a lot of healthy vitamins and minerals, like vitamins A, C, K, calcium, and potassium, which provide the body with strength and help fight diseases.

BROCCOLI

I'm Captain Broccoli and I come from the cruciferous clan. The flower petals on cruciferous vegetables look like a cross. I'm a cousin to cabbage and cauliflower, and I grow in many parts of Texas. I really prefer cool weather, and hate hot weather. I am often boiled, roasted or steamed, but can also be eaten raw. My head is made up of tiny flower buds. If you don't pick me early enough, my head turns into a bunch of yellow flowers.

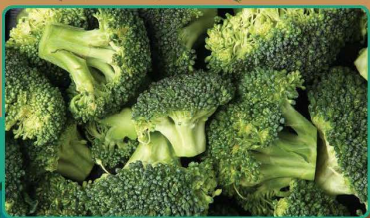


Draw Captain Broccoli's FIRST MATE



FUN FACT

Broccoli has been around for more than 2,000 years and has been grown in the United States for more than 200 years!



Chicken and Broccoli BAKE

Joke of the MONTH

Q: What do you call a vampire who grows broccoli?

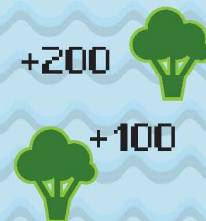
A: Count Broccula

INGREDIENTS

- 1 cup rice, uncooked
- 1 broccoli, frozen (10 ounce package)
- 3 cups chicken, cooked
- 2 tablespoons margarine (or butter)
- ¼ cup flour
- 2 cups chicken broth
- ¼ cup Parmesan cheese (optional)

PREPARATION

1. Cook rice in 2 cups of water.
2. Let broccoli thaw.
3. Chicken should be off the bone.
4. Melt butter in large sauce pan.
5. Add flour to melted margarine and stir. This will be lumpy.
6. Use broth from chicken you cooked or use canned chicken broth. Slowly add broth to margarine/flour. Stir to remove lumps and thicken.
7. Add cheese and stir.
8. Add rice, broccoli and chicken. Stir.
9. Put in a casserole pan and bake at 350 degrees for 30 minutes or until thoroughly heated.



Recipes courtesy of: www.whatscooking.fns.usda.gov

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 - (2) fax: (202) 690-7442; or
 - (3) email: program.intake@usda.gov.
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