

# LUNCH

April 2013

Jack and Jill Preschool

## Nutrition Tip

Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

\* monday

\* tuesday

\* wednesday

\* thursday

\* friday

1  
Sloppy Joes, Applesauce  
Broccoli, Milk

2  
Mac and Cheese  
Green Beans  
Fruit, Milk

3  
Ravioli  
Corn and Fruit  
Milk

4  
PBJ's  
Corn Chips, Broccoli  
Milk

5  
PACK A LUNCH

8  
Spaghetti O's with  
Meatballs, Peas, Fruit  
Milk

9  
Fish Sticks,  
Applesauce, Green Beans  
Milk

10  
Pasta with Meat Sauce and  
Sneak Veggies!!  
Applesauce/Milk

11  
Turkey Meatloaf with  
Sneak Veggies  
Mashed Potatoes/Fruit  
Milk

12  
PACK A LUNCH

15  
PBJ's  
Corn Chips, Broccoli  
Milk

16  
Turkey Meatloaf with  
Sneak Veggies  
Mashed Potatoes/Fruit  
Milk

17  
Fish Sticks,  
Applesauce, Green Beans  
Milk

18  
Pasta with Meat Sauce and  
Sneak Veggies!!  
Applesauce/Milk

19  
PACK A LUNCH

22  
Mac and Cheese  
Green Beans  
Fruit, Milk

23  
Pasta with Meat Sauce and  
Sneak Veggies!!  
Applesauce/Milk

24  
Fish Sticks,  
Applesauce, Green Beans  
Milk

25  
Turkey Meatloaf with  
Sneak Veggies  
Mashed Potatoes/Fruit  
Milk

26  
PACK A LUNCH

29  
Ravioli  
Corn and Fruit  
Milk

30  
PBJ's  
Corn Chips, Broccoli  
Milk

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