

APRIL 2019

Florence 3 School District
Head Start/Family Literacy (Lunch)

Monday

1
Sliced turkey on WW Bun
Whole Kernel Corn
Steamed Carrots
Applesauce
Assorted Fresh Fruit

8
Chicken Fillet Sandwich
Steamed Carrots
Black Eyed Peas
Sliced Peaches
Fruit Flavored Raisels

15
Chicken Nuggets
Seasoned Oven Fries
Cut Green Beans
WW Breadstick
Sliced Peaches
Assorted Fresh Fruit

22
School District
Closed for
Spring Break

29
Chili Dog on WW Bun
Cole Slaw
Baked Beans
Chilled Mandarin Orange Cup
Assorted Fresh Fruit

Tuesday

2
Smoked Sausage
Brown Rice
Stewed Tomatoes
Collard Greens
Cornbread
Chilled Mandarin Orange Cup
Assorted Fresh Fruit

9
Spaghetti w/Meat Sauce
Green Sweet Peas
Steamed Squash
WW Cinnamon Roll
Applesauce
Fresh Grape Cup

16
Salisbury Steak
Brown Rice w/Gravy
Collard Greens
Stewed Tomatoes
Applesauce
Fruit Juice

23
School District
Closed for
Spring Break

30
Spaghetti w/Meat Sauce
Green Sweet Peas
Steamed Squash
WW Cheesy Breadstick
Pineapple Tidbits
Fresh Apple Slices

Wednesday

3
Ham & Cheese on WW Bun
Lettuce & Tomato
Cut Green Beans
Pinto Beans
Baked Apple
Assorted Fresh Fruit

10
Pizza
Cut Green Beans
Potato Smiles
Pineapple Tidbits
Fruit Juice

17
Pizza
Whole Kernel Corn
Tossed Salad
Pineapple Tidbits
Assorted Fresh Fruit

24
School District
Closed for
Spring Break

DID YOU KNOW...

April is named after the Greek goddess of love, Aphrodite. In the Roman calendar, the fourth month April is spelled Aprilis, meaning "to open." Festivals which were planned for April included Parrilla, a day celebrating the founding of Rome.

Thursday

4
Fajita Chicken
w/Sweet & Sour Sauce
Broccoli Salad
Sweet Potato Tots
WG Roll
Assorted Fresh Fruit
Sidekick

11
Mexican Taco w/Salsa
Lettuce/Tomato/Cheese
Refried Beans
Steamed Carrots
Diced Pears
Assorted Fresh Fruit

18
Fried or Baked Chicken
Brown Seasoned Rice
Turnip Greens
Sweet Potato Yams
WW Breadstick
Diced Pears
Assorted Fresh Fruit

25
School District
Closed for
Spring Break

Friday

5
Cheeseburger on WW Bun
w/Lettuce & Tomato
Seasoned Oven Fries
Sliced Peaches
Fruit Juice

12
Chili Dog on WW Bun
Seasoned Tater Tots
Cole Slaw
Chilled Mandarin Orange Cup
Sidekick

19
Sub Sandwich on WW Bun
w/Pickle Slices
Lettuce & Tomato
Baked Lays Potato Chips
Cucumber Coins w/Dip
Sidekick
Chilled Mandarin Orange Cup

26
School District
Closed for
Spring Break

Milk Choices Daily
1% White, Skim White,

Adult Meal Price for Lunch - \$3.70

Menus are subject to change based on product availability.

Nutrition News

Eating fruit provides health benefits.
People who eat more vegetables and fruits as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits--fresh, canned, frozen, or dried--instead of juice. The sugar naturally found in fruit does not count as added sugar.

Which is Healthier: Raisins or Apples?
Both fruits will satisfy a sweet tooth, but apples are a better bet. Morford says: "Apples make a filling and hydrating snack with fewer calories and less sugar by weight than raisins, as well as less potential for promoting cavities." www.Parents.com

Students have fruits and vegetables at school every day. A variety of vegetables are served throughout the week including red, orange, and dark-green vegetables.

This institution is an equal opportunity provider.

APRIL 2019

Florence 3 School District
K-6 Elementary (Lunch)

Monday

1

Baked Corn Dog Or
Corn Dog Minis
Seasoned Oven Fries
Steamed Carrots
Applesauce
Assorted Fresh Fruit

8

Chicken Fillet Sandwich
Steamed Carrots
Black Eyed Peas
Sliced Peaches
Fruit Flavored Raisels

15

Chicken Nuggets
Seasoned Oven Fries
Cut Green Beans
WW Breadstick
Sliced Peaches
Assorted Fresh Fruit

22

School District
Closed for
Spring Break

29

Hot Dog w/Chili on WW Bun
Cole Slaw
Baked Beans
Chilled Mandarin Orange Cup
Assorted Fresh Fruit

Tuesday

2

Smoked Sausage
Brown Rice
Stewed Tomatoes
Collard Greens
Cornbread
Fruit Cocktail
Assorted Fresh Fruit

9

Spaghetti w/Meat Sauce
Green Sweet Peas
Steamed Squash
WW Cinnamon Roll
Applesauce
Fresh Grape Cup

16

Salisbury Steak
Brown Rice w/Gravy
Collard Greens
Stewed Tomatoes
Tropical Fruit Mix
Fruit Juice

23

School District
Closed for
Spring Break

30

Spaghetti w/Meat Sauce
Green Sweet Peas
Steamed Squash
WW Cheesy Breadstick
Pineapple Tidbits
Fresh Apple Slices

Wednesday

3

Ham & Cheese on WW Bun
Lettuce & Tomato
Cut Green Beans
Pinto Beans
Baked Apple
Assorted Fresh Fruit

10

Pizza
Cut Green Beans
Potato Smiles
Pineapple Tidbits
Fruit Juice

17

Pizza
Whole Kernel Corn
Tossed Salad
Pineapple Tidbits
Assorted Fresh Fruit

24

School District
Closed for
Spring Break

Thursday

4

Fajita Chicken
w/Sweet & Sour Sauce
Broccoli Salad
Sweet Potato Tots
WG Roll
Assorted Fresh Fruit
Sidekick

11

Mexican Taco w/Salsa
Lettuce/Tomato/Cheese
Refried Beans
Steamed Carrots
Diced Pears
Assorted Fresh Fruit

18

Fried or Baked Chicken
Brown Seasoned Rice
Turnip Greens
Sweet Potato Yams
WW Breadstick
Diced Pears
Assorted Fresh Fruit

25

School District
Closed for
Spring Break

Friday

5

Cheeseburger on WW Bun
w/Lettuce & Tomato
Seasoned Oven Fries
Sliced Peaches
Fruit Juice

12

Hot Dog w/Chili on WW Bun
Seasoned Tater Tots
Cole Slaw
Chilled Mandarin Orange Cup
Sidekick

19

Sub Sandwich on WW Bun
w/Pickle Slices
Lettuce & Tomato
Baked Lays Potato Chips
Cucumber Coins w/Dip
Sidekick
Chilled Mandarin Orange Cup

26

School District
Closed for
Spring Break

Alternate Meal

(Offered Daily)

Chef Salad or Peanut Butter & Jelly
Sandwich w/Cheese Stick

Milk Choices Daily

1% White, Skim White,
Fat Free Chocolate, Fat Free Vanilla,
Fat Free Strawberry

Adult Meal Price for Lunch - \$3.70

Menus are subject to change based on
product availability.

Nutrition News

Eating fruit provides health benefits.

People who eat more vegetables and fruits as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits--fresh, canned, frozen, or dried--instead of juice. The sugar naturally found in fruit does not count as added sugar.

Which is Healthier: Raisins or Apples?

Both fruits will satisfy a sweet tooth, but apples are a better bet. Morford says: "Apples make a filling and hydrating snack with fewer calories and less sugar by weight than raisins, as well as less potential for promoting cavities."

www.Parents.com

Students have fruits and vegetables at school every day. A variety of vegetables are served throughout the week including red, orange, and dark-green vegetables.

This institution is an equal opportunity provider.

DID YOU KNOW...

April is named after the Greek goddess of love, Aphrodite. In the Roman calendar, the fourth month April is spelled Aprilis, meaning "to open." Festivals which were planned for April included Parrilla, a day celebrating the founding of Rome.

APRIL 2019

Florence 3 School District
J. Paul Truluck, Ronald McNair & Lake City High
(Lunch)

Monday

1
Baked Corn Dog Or
Corn Dog Minis
Seasoned Oven Fries
Steamed Carrots
Applesauce
Assorted Fresh Fruit

8
Chicken Fillet Sandwich
Steamed Carrots
Black Eyed Peas
Sliced Peaches
Fruit Flavored Raisels

15
Chicken Nuggets
Seasoned Oven Fries
Cut Green Beans
WW Breadstick
Sliced Peaches
Assorted Fresh Fruit

22
School District
Closed for
Spring Break

29
Hot Dog w/Chili on WW Bun
Cole Slaw
Baked Beans
Chilled Mandarin Orange Cup
Assorted Fresh Fruit

Tuesday

2
Smoked Sausage
Brown Rice
Stewed Tomatoes
Collard Greens
Cornbread
Fruit Cocktail
Assorted Fresh Fruit

9
Spaghetti w/Meat Sauce
Green Sweet Peas
Steamed Squash
WW Cinnamon Roll
Applesauce
Fresh Grape Cup

16
Salisbury Steak
Brown Rice w/Gravy
Collard Greens
Stewed Tomatoes
Tropical Fruit Mix
Fruit Juice

23
School District
Closed for
Spring Break

30
Spaghetti w/Meat Sauce
Green Sweet Peas
Steamed Squash
WW Cheesy Breadstick
Pineapple Tidbits
Fresh Apple Slices

Wednesday

3
Ham & Cheese on WW Bun
Lettuce & Tomato
Cut Green Beans
Pinto Beans
Baked Apple
Assorted Fresh Fruit

10
Pizza
Cut Green Beans
Potato Smiles
Pineapple Tidbits
Fruit Juice

17
Pizza
Whole Kernel Corn
Tossed Salad
Pineapple Tidbits
Assorted Fresh Fruit

24
School District
Closed for
Spring Break

DID YOU KNOW...

April is named after the Greek goddess of love, Aphrodite. In the Roman calendar, the fourth month April is spelled Aprilis, meaning "to open." Festivals which were planned for April included Parrilla, a day celebrating the founding of Rome.

Thursday

4
Fiesta Bowl
Broccoli Salad
Sweet Potato Tots
WG Roll
Assorted Fresh Fruit
Sidekick

11
Mexican Taco w/Salsa
Lettuce/Tomato/Cheese
Sour Cream
Refried Beans
Steamed Carrots
Diced Pears
Assorted Fresh Fruit

18
Fried or Baked Chicken
Brown Seasoned Rice
Turnip Greens
Sweet Potato Yams
WW Breadstick
Diced Pears
Assorted Fresh Fruit

25
School District
Closed for
Spring Break

Friday

5
Cheeseburger on WW Bun
w/Lettuce & Tomato
Seasoned Oven Fries
Sliced Peaches
Fruit Juice

12
Hot Dog w/Chili on WW Bun
Seasoned Tater Tots
Cole Slaw
Chilled Mandarin Orange Cup
Sidekick

19
Sub Sandwich on WW Bun
w/Pickle Slices
Lettuce & Tomato
Baked Lays Potato Chips
Cucumber Coins w/Dip
Sidekick
Chilled Mandarin Orange Cup

26
School District
Closed for
Spring Break

Alternate Meal

(Specialty Station Offered Daily)
Monday & Friday: Pizza
Tuesday & Thursday: Salad Bar
Wednesday: Sub Station

Milk Choices Daily

1% White, Skim White,
Fat Free Chocolate, Fat Free Vanilla,
Fat Free Strawberry

Adult Meal Price for Lunch - \$3.70

Menus are subject to change based on
product availability.

Nutrition News

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits--fresh, canned, frozen, or dried--instead of juice. The sugar naturally found in fruit does not count as added sugar.

Which is Healthier: Raisins or Apples?
Both fruits will satisfy a sweet tooth, but apples are a better bet. Morford says: "Apples make a filling and hydrating snack with fewer calories and less sugar by weight than raisins, as well as less potential for promoting cavities."
www.Parents.com

Students have fruits and vegetables at school every day. A variety of vegetables are served throughout the week including red, orange, and dark-green vegetables.

This institution is an equal opportunity provider.