

# APRIL 2019

Florence 3 School District  
4K/Head Start Snack

Monday	Tuesday	Wednesday	Thursday	Friday
1 WG Super Donut 4oz Juice	2 1 oz Reduced Fat Nacho Tortilla Chips 4 oz Juice	3 1 oz Animal Crackers 4 oz Juice	4 1 oz Graham Bug Bites 4 oz Juice	5 ½ Peanut Butter & Jelly Sandwich Or ½ Turkey Ham Sandwich 4 oz Juice
8 1 oz Graham Scooby Cinnamon Crackers 4 oz Juice	9 .75 oz WG Cheez-It Crackers 4 oz Juice	10 .75 oz WG Goldfish Pretzel Crackers 4 oz Juice	11 Powdered Donut Hole 8 oz Milk	12 ½ Ham & Cheese Sandwich 4 oz Juice
15 .75 oz Goldfish Crackers 4 oz Juice	16 1 oz Graham Bug Bites 4 oz Juice	17 1 oz Reduced Fat nacho Tortilla Chips 4 oz Juice	18 ½ Peanut Butter & Jelly Sandwich Or ½ Turkey Ham Sandwich 4 oz Juice	19 .9 oz Cheetos Crunchy WG Cheese Snacks 4 oz Juice
22 School District Closed for Spring Break	23 School District Closed for Spring Break	24 School District Closed for Spring Break	25 School District Closed for Spring Break	26 School District Closed for Spring Break
29 Powdered Donut Hole 4 oz Juice	30 .75 oz WG Goldfish Pretzel Cracker 4 oz Juice	<p><b>DID YOU KNOW...</b> 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.</p>		

Menus are subject to change based on product availability.

## Nutrition News

### Jump-start the morning

A healthy breakfast prepares your child for a full day of learning. Consider letting them eat breakfast in the school cafeteria. They will save time and get a balanced meal with whole grains, proteins, low-fat dairy, and fruit. Idea: Have them make a "breakfast tracker" chart. Every day, they can draw a different-colored star for each food group they ate from.

Q: What did the apple skin say to the apple?

A: I've got you covered

Q: Why is it not wise to tell secrets in a cornfield?

A: There are too many ears!

This institution is an equal opportunity provider.



# APRIL 2019

## Florence 3 School District After School Snack Program

Monday	Tuesday	Wednesday	Thursday	Friday
1 WG Super Donut 6 oz Juice	2 1 oz Reduced Fat Nacho Tortilla Chips 6 oz Juice	3 1 oz Animal Crackers 6 oz Juice	4 1 oz Graham Bug Bites 6 oz Juice	5 ½ Peanut Butter & Jelly Sandwich Or ½ Turkey Ham Sandwich 6 oz Juice
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