

EHS / HS / TK Menus for April 2025

Garvey School District

This institution is an equal opportunity provider.

Menus are subject to change.



OUR NATION'S HISTORY

The Library of Congress was born on April 24, 1800, when President John Adams approved spending \$5,000 for “such books as may be necessary for the use of congress.” With this money, 740 books and three maps were purchased to start the collection. The permanent library building wasn’t finished until 100 years later – it’s shown here under construction in 1893. Today, the Library of Congress holds 110 million books and other items and, with 530 MILES of shelves, is the largest library in the world.



WITH LIBERTY & JUSTICE FOR ALL

Available Daily

MILK IS SERVED AT EVERY BREAKFAST, LUNCH & SNACK

1-2 YR. OLD = 1/2 CUP WHOLE UNFLAVORED MILK
& 2-5 YR. OLD = 3/4 CUP 1% UNFLAVORED MILK

ALL GRAINS OFFERED ARE WHOLE GRAIN RICH

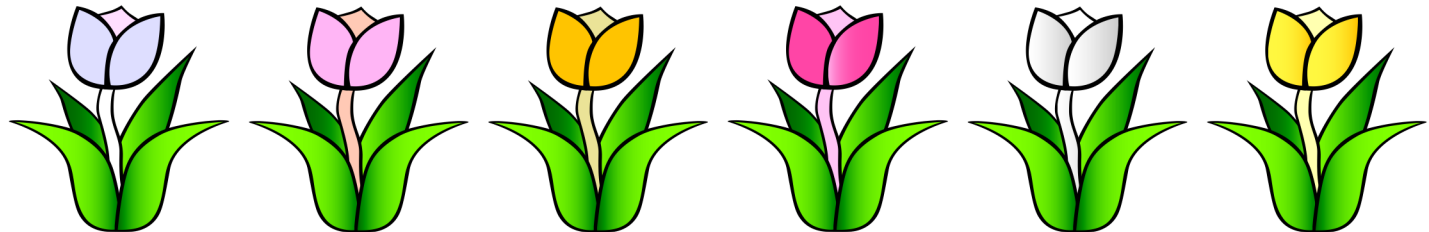
Early Head Start (EHS) FOOD ITEMS ARE MODIFIED & ADJUSTED FOR TODDLERS



**GSD
Food Services
Department
(626) 307-3407**

Tuesday, April 1	Wednesday, April 2	Thursday, April 3	Friday, April 4
<p>Breakfast 1 ea WG Ham & Cheese Croissant Sandwich 1 ea Milk and 1 ea Sliced Apples</p> <p>Lunch 1 ea “Taco Tuesday” 1/4 c Refried Beans 1 ea Milk and 1/2 c Mixed Berries</p> <p>Snack 1 ea Sliced Apples & 1 ea Sunbutter Cup 1 ea Low-Fat Milk</p>	<p>Breakfast 1 ea Eggs & Hash Browns 1 ea Milk and 1 ea Tangerine</p> <p>Lunch 1 ea WG Galaxy Pizza Rounds 1/2 c Mixed Green Salad 1 ea Milk and 1/2 c Diced Peaches</p> <p>Snack 1 ea WG Vanilla Bites 1 ea Low-Fat Milk</p>	<p>Breakfast 1 ea WG Cereal & Yogurt 1 ea Milk and 1/2c Applesauce</p> <p>Lunch 1/2 c WG Penne Pasta & Chicken w/ Marinara Sauce 1/4 c Green Beans 1 ea Milk and 1 ea Banana</p> <p>Snack 1 ea WG Cheez-Its 1 ea Low-Fat Milk</p>	<p>Breakfast 2 ea WG French Toast Sticks 1 ea Milk and 1/2c Orange Wedges</p> <p>Lunch 2 ea Chicken Tenders w/ 1 ea WG Goldfish 1/4 c Potato Smiles 1 ea Milk and 1/2 c Diced Pears</p> <p>Snack 1 ea Jungle Crackers 1 ea Low-Fat Milk</p>

SPRING BREAK



NO SCHOOL

Monday, April 7th to Friday, April 11th

Monday, April 14

Breakfast

1 ea WG Blueberry Muffin
1 ea Milk and 1/2 c Fruit Mix

Lunch

1 ea Cheeseburger Twin Buddies (EHS)
2 ea Cheeseburger Twin Buddies (EHS)
Yellow Corn
1 ea Milk and 1 ea Orange

Snack

1 ea WG Vanilla Bites
1 ea Low-Fat Milk

Tuesday, April 15

Breakfast

1 ea WG Mini Pancakes
1 ea Milk and 1 ea Sliced Apples

Lunch

1 ea WG Chicken Quesadilla
1/4 c Steamed Baby Carrots
1 ea Milk and 1/2 c Mixed Berries

Snack

1 ea Belly Bear Grahams
1 ea Low-Fat Milk

Wednesday, April 16

Breakfast

1 ea WG Breakfast Burrito
1 ea Milk and 1 ea Tangerine

Lunch

1 ea WG Pizza Slider (EHS)
2 ea WG Pizza Slider (HS/TK)
1/2 c Mixed Green Salad
1 ea Milk and Diced Peaches

Snack

1 ea WG States & Capitals
1 ea Low-Fat Milk

Thursday, April 17

Breakfast

2 ea WG Waffle Sticks
1 ea Milk and 1/2c Applesauce

Lunch

1/4 c Mandarin Orange
Chicken & 1/2 c Steamed
Brown Rice
1/4 c Green Beans
1 ea Milk and 1 ea Banana

Snack

1 ea WG Scooby Doo Sticks
1 ea Low-Fat Milk

Friday, April 18

Breakfast

1 ea WG Cereal & Yogurt
1 ea Milk and 1/2c Orange
Wedges

Lunch

1 ea WG Chicken Sandwich
1/4 c Crinkle Cut Fries
1 ea Milk and Diced Pears

Snack

1 ea WG Jungle Crackers
1 ea Low-Fat Milk

NUTRITION TO GO

Experts recommend that we eat at least 20-30 grams of fiber a day -- but most Americans consume less than half that much. Good sources are grains, fruits, vegetables, and beans. Check the labels on foods, like your favorite breakfast cereal -- some cereals provide ten or more grams of fiber per bowl, but shoot for at least three.

A QUICK BITE FOR PARENTS

Monday, April 21

Breakfast

WG Pizza Bagel
1 ea Milk and 1/2 c Fruit Mix

Lunch

1 ea WG Grilled Cheese Sandwich
1/4 c Yellow Corn
1 ea Milk and 1 ea Orange

Snack

1 ea WG Giant Cinnamon Goldfish
1 ea Low-Fat Milk

Tuesday, April 22

Breakfast

1 ea Cheese Omelet & Toast
1 ea Milk and 1 ea Sliced Apples

Lunch

1/2 ea WG Chicken Tamale
1/4 c Steamed Baby Carrots
1 ea Milk and 1/2 c Mixed Berries

Snack

1 ea WG Cheez-Its
1 ea Low-Fat Milk

Wednesday, April 23

Breakfast

1/2 c "Berry Overnight Oats"
1 ea Milk and 1 ea Tangerine

Lunch

1 ea WG Cheese Calzone
1/2 c Mixed Green Salad
1 ea Milk and Diced Peaches

Snack

1 ea Sliced Apples
& 1 ea Sunbutter Cup
1 ea Low-Fat Milk

Thursday, April 24

Breakfast

1 ea WG French Toast Sticks
1 ea Milk and 1/2c Applesauce

Lunch

1/2 c WG Penne Pasta & Meat Sauce
1/4 c Green Beans
1 ea Milk and 1 ea Banana

Snack

1 ea WG Vanilla Bites
1 ea Low-Fat Milk

Friday, April 25

**PLANNING DAY
No EHS & Full Day
Classes**

Breakfast

1 ea WG Cereal & Yogurt
1 ea Milk and 1/2c Orange
Wedges

Lunch

6 ea Popcorn Chicken (EHS)
12 ea Popcorn Chicken (HS/TK)
1/4 c Creamy Mashed Potatoes
1 ea Milk and Diced Pears



Monday, April 28

Breakfast

2 ea WG Pancake Bites
1 ea Milk and 1/2 c Fruit Mix

Lunch

2 ea chicken Tenders &
1 ea Garlic Texas Toast
1/4 c Yellow Corn
1 ea Milk and 1 ea Orange

Snack

1 ea WG Jungle Crackers
1 ea Low-Fat Milk

Tuesday, April 29

Breakfast

1 ea Breakfast Sausage Sandwich
1 ea Milk and 1 ea Sliced Apples

Lunch

1 ea WG Bean & Cheese Burrito
1/4 c Steamed Baby Carrots
1 ea Milk and 1/2 c Mixed Berries

Snack

1 ea WG Rainbow Goldfish
1 ea Low-Fat Milk

Wednesday, April 30

MINI WEDNESDAY

Breakfast

1 ea WG Cereal & Yogurt
1 ea Milk and 1 ea Tangerine

Lunch

1 ea Pizza Slider (EHS)
2 ea Pizza Slider (HS/TK)
1/2 c Mixed Green Salad
1 ea Milk and Diced Peaches

Thursday, May 1

Breakfast

1 ea WG Breakfast Egg & Cheese Taco
1 ea Milk and 1/2c Applesauce

Lunch

1/4 c Teriyaki Chicken &
1/2 c Steamed Brown Rice
1/4 c Green Beans
1 ea Milk and 1 ea Banana

Snack

1 ea Belly Bear Grahams
1 ea Low-Fat Milk

I am the letter



YOU'RE GETTING WARM.



One of the best ways to avoid getting hurt – playing a sport, in gym class, and even on the playground – is to stretch out a little first and start off slowly before you go all out.

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