



# APRIL

2021

## Alvord Elementary School



### Special Announcements:

All students eat at no charge  
Adult: Breakfast 2.55 Lunch: 4.00

Breakfast Pizza  
OR Cereal & ColbyJack Cheese  
\*\*\*

Hamburger/Cheeseburger  
Tater Tots  
Celery & Tomato Cup

5.

Pancake Sausage Sandwich OR  
Cereal & Cinnamon Swirl Toast  
\*\*\*

Green Chile Chicken Quesadilla  
OR Cheese Rippers  
Refried Bean Casserole  
Veggie Dippers

6.

Mini waffles OR  
Cereal & Cheddar Cheese Stick  
\*\*\*

Chicken Nuggets w/ Roll  
Mashed Potatoes w/ Gravy  
Green Beans w/ Ham

7.

Tot and Chicken Breakfast Bowl  
OR Cereal & Toast  
\*\*\*

BBQ Pork Sandwich OR  
Cheesy Chicken over Rice  
Glazed Carrots  
Broccoli Dunkers

1.



2.

Glazed Donut OR  
Cereal & Mozzarella String Cheese  
\*\*\*

Cheese Pizza  
Seasoned Crinkle Fries  
Baby Carrots

9.



12.

Chicken & Waffle Sandwich  
OR Cereal & ColbyJack Cheese  
\*\*\*

Walking Taco OR  
Crunchy Chicken Cheddar Wrap  
Ranchero Beans  
Mex Chopped Salad

13.

Rainbow Fruit Parfait & Cereal  
OR Cereal & Cinnamon Swirl Toast  
\*\*\*

Popcorn Chicken w/ Hot Roll  
Golden Sweet Corn  
Mashed Potatoes & Gravy

14.

Scrambled Eggs, Bacon & Toast  
OR Cereal & Toast  
\*\*\*

Spaghetti & Meatballs OR  
Breaded Chicken Sandwich  
Sugar Snap Peas  
Caesar Side Salad

15.

Dutch Waffle  
OR Cereal & Mozzarella String Cheese  
\*\*\*

Pepperoni Pizza  
Potato Smiles  
Garden Salad

16.

French Toast Sticks  
OR Cereal & ColbyJack Cheese  
\*\*\*

Hamburger/Cheeseburger  
Seasoned Crinkle Fries  
Veggie Dippers

19.

Sausage Biscuit OR  
Cereal & Cinnamon Swirl Toast  
\*\*\*

Pepperoni Selfie Pizza OR  
Baked Potato with BBQ Pulled Pork  
Ranch Pasta Salad  
Black-Eye Peas, Corn

20.

Strawberry Pop Tart & Cereal  
OR Cereal & Cheddar Cheese Stick  
\*\*\*

Chicken and Waffles  
Roasted Squash and Zucchini  
Baby Carrots

21.

Ultimate Hashbrown Taco  
OR Cereal & Toast  
\*\*\*

Steak Fingers w/ Hot Roll  
OR Turkey Chef Salad  
Mashed Potatoes & Gravy  
Glazed Carrots

22.

Cinnamon Crisp & Berry Nachos OR  
Cereal & Mozzarella string cheese  
\*\*\*

Cheese Rippers  
Tater Tots  
Cherry Tomatoes

23.

Strawberry Yogurt & Teddy Grahams  
OR Cereal & ColbyJack Cheese  
\*\*\*

Frito Pie OR  
Breaded Cheese Sticks w/ Marinara  
Golden Sweet Corn  
Caesar Side Salad

26.

Bacon & Cheese Biscuit  
OR Cereal & Cinnamon Swirl Toast  
\*\*\*

Crispitos and Cheese Sauce OR  
Turkey Bacon Ranch Wrap  
Ranch Style Beans  
Cherry Tomatoes & Baby Carrots

27.

Blueberry Mini Pancakes  
OR Cereal & Cheddar Cheese Stick  
\*\*\*

Chicken Nuggets w/ Hot Roll  
Mashed Potatoes & Gravy  
Green Beans w/ Ham

28.

Sausage, Egg & Cheese Taco  
OR Cereal & Toast  
\*\*\*

Tangerine Chicken w/ Fried Rice  
OR Corn Dog  
Cherry Tomatoes  
Steamed Broccoli

29.

Mini Cinnamon Rolls  
OR Cereal & Mozzarella String Cheese  
\*\*\*

Pepperoni Pizza  
Seasoned Wedges  
Cucumber Coins

30.



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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- Art Contest Deadline Apr. 2



Food and Nutrition Division  
National School Lunch Program and School Breakfast Program

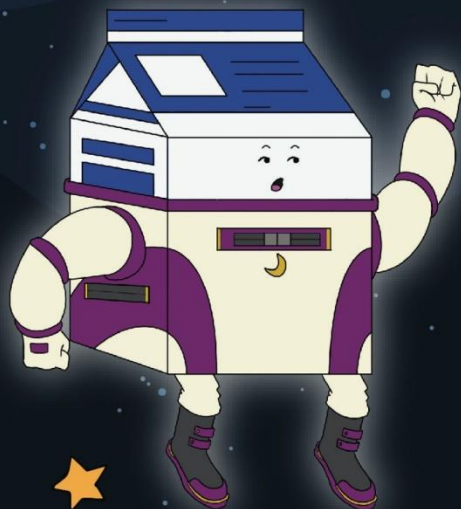


Updated 01/2020  
www.SquareMeals.org



# MOON MILK

The moon is more than 200,000 miles away from the Earth. At this distance it takes about three full days for astronauts to travel from the Earth's surface to land on the moon. Because it is Earth's closest neighbor, we have been able to gain more knowledge about it than any other body in the Solar System besides the Earth. The moon is also the brightest object in the night sky. Today, astronomers know that the moon is slowly moving away from the Earth. But at the rate it is traveling, about 1.5 inches per year, it will be lighting up our night sky for a long time.



## DID YOU KNOW?

Milk is a popular dairy product and it is an excellent source of calcium and vitamin D. The delicious low-fat or fat-free milk you get at school comes from dairy cows.

Dairy products help build strong bones so you can grow up healthy. Three daily servings of dairy products are recommended for school age children. Some sources of dairy include milk, cheese, and yogurt.



## WORD SEARCH

A	G	Z	J	N	W	L	A
C	A	B	L	X	K	J	C
A	Z	T	D	C	D	R	A
L	T	E	X	A	S	D	L
C	S	Q	B	D	I	E	V
I	B	D	A	I	F	R	I
U	G	W	O	C	G	E	Y
M	I	L	K	T	V	H	N

COW  
CALCIUM  
DAIRY

MILK  
TEXAS



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