



APRIL

2021

Alvord Middle 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.



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COMMISSIONER SID MILLER

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- Art Contest Deadline Apr. 2



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

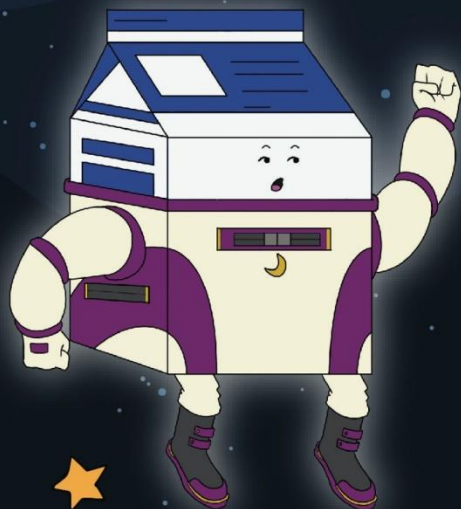


Updated 01/2020
www.SquareMeals.org



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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