What's on YOUR plate?

Cool Veggies!

E P S A

N O N O S I

C A N S H I P

B A G E B A C

T E L E C U T

C R I B O O L C

Some vegetables are called "cold hardy." That means they can be harvested in the cool of winter in Florida or California. Or, in the colder states, they can be planted in early spring, up to 6 weeks before the last freeze. We've scrambled the names of some of these tough guys above. Unscramble them, then write the circled letters below and unscramble to name the cold hardy veggie that's pictured here!

CIRCLED LETTERS: _____

ANSWER

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, April 13	Tuesday, April 14	Wednesday, April 15	Thursday, April 16	Friday, April 17
Lunch *-Cheese Pizza* *-Sub Sandwich* *-Popcorn Chicken Salad & Bosco Stick* *-PBJ Sandwich* Seasoned Green Beans Chilled Peaches Cold Milk	*Lunch* *-Mini Corn Dogs* *-Hot & Spicy Chicken Sandwich* *-Italian Salad & Bosco Stick** *-PBJ Sandwich* Cheesy Broccoli Fresh Pear Cold Milk	*Lunch* *-Chicken Nuggets & Roll* *-BBQ Ribette Sandwich** *-Chef Salad & Bosco Stick* *-PBJ Sandwich* Mashed Potatoes & Gravy Craisins Cold Milk	*Lunch* *-Soft Beef Tacos* *-Breaded Chicken Sandwich* *-Italian Salad & Bosco Stick** *-PBJ Sandwich* Cheesy Refried Beans Fresh Apple Cold Milk	*Lunch* *-Hot Dog/Chili Dog* *-Fish Sticks & White Cheesy Pasta* *-Chef Salad & Bosco Stick* *-PBJ Sandwich* Baby Carrots "Bloom" Frozen Juice Cup Cold Milk
Monday, April 20	**Tuesday, April 21**	**Wednesday, April 22**	**Thursday, April 23**	**Friday, April 24**
Family Lunch	*Lunch* *-Orange Chicken & Fried Rice* *-Hamburger on Bun* *Italian Salad & Bosco Stick** *-PBJ Sandwich* Fresh Broccoli Chilled Pineapple Fortune Cookie Cold Milk	*Lunch* *-Pretzel Sticks, Popcorn Chicken & Queso* *-Hot Ham & Cheese Sandwich* *-Chef Salad & Bosco Stick* *-PBJ Sandwich* Seasoned Carrots Blue Raspberry Applesauce Cold Milk	*Lunch* *-Mozzarella Sticks & Dipping Sauce* *-Grilled Chicken Sandwich* *-Italian Salad & Bosco Stick** *-PBJ Sandwich* Sweet Corn Chilled Peaches Cold Milk	*Lunch* *-Cheesy Beef Nachos* *-Chicken Quesadilla* *-Chef Salad & Bosco Stick* *-PBJ Sandwich* Ranchero Beans Orange Smiles Cold Milk
Monday, April 27	**Tuesday, April 28**	**Wednesday, April 29**	**Thursday, April 30**	
Lunch *-Pepperoni Pizza** *-Hot & Spicy Chicken Sandwich* *-Popcorn Chicken Salad & Bosco Stick* *-PBJ Sandwich* Candied Sweet Potatoes Chilled Applesauce Cold Milk	*Lunch* *-French Toast Sticks & Sausage** *-Turkey & Cheese Croissant* *-Italian Salad & Bosco Stick** *-PBJ Sandwich* Green Beans Chilled Pears Gogurt Yogurt Cold Milk	*Lunch* *-Chicken Nuggets & Macaroni with Cheese* *-Meatball Sandwich* *-Chef Salad & Bosco Stick* *-PBJ Sandwich* Steamed Broccoli Mixed Fruit Cold Milk	*Lunch* *-Cheeseburger on Bun* *-Hot Dog on Bun* *-Italian Salad & Bosco Stick** *-PBJ Sandwich* Emoji Potatoes Chilled Peaches **Iced Cookie** Cold Milk	

Every complete meal we serve comes with your choice of milk!