

Menus for April 2022

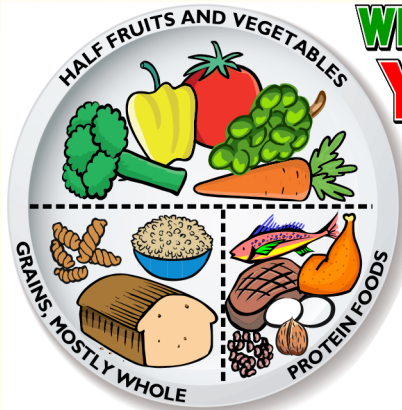
Henry County
Elementary Schools
After School Enrichment Program

This institution is an equal opportunity provider.
Menus are subject to change.



SPRING BREAK

**NO
SCHOOL
APRIL 4th-8th**



What's on
YOUR
plate?



YOU'RE GOOD



**ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG**

1 FREE Breakfast & 1 FREE Lunch Daily



Friday, April 1
Mini Chocolate Chip
WG Cookies
Milk

Monday, April 11
WG Muffin
Milk

Tuesday, April 12
Smart Snack Chips
100% Fruit Juice

Wednesday, April 13
WG Cereal
Milk

Thursday, April 14
Cheez Its Crackers
100% Fruit Juice

Friday, April 15
Mini Chocolate Chip
WG Cookies
Milk

Monday, April 18
WG Muffin
Milk

Tuesday, April 19
Smart Snack Chips
100% Fruit Juice

Wednesday, April 20
WG Cereal
Milk

Thursday, April 21
WG Graham Crackers
100% Juice

Friday, April 22
Mini Chocolate Chip
WG Cookies
Milk

Monday, April 25
WG Muffin
Milk

Tuesday, April 26
Smart Snack Chips
100% Fruit Juice

Wednesday, April 27
WG Cereal
Milk

Thursday, April 28
Cheez Its Crackers
100% Fruit Juice

Friday, April 29
Mini Chocolate Chip
WG Cookies
Milk

Don't get too juiced about your juice!

Juice boxes invaded America around 1980 and have since become required equipment for kids and parents everywhere. Juice is fine for kids, but many of the most popular juice boxes are mostly sugar, with very little juice. So make sure any juice kids (and adults, for that matter) drink is 100% fruit juice, and limit kids to 6-8 ounces a day. Kids should get most of their orange juice by eating an orange and should mostly drink water or milk.



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