

Menus for

April 2023

**Henry County
Elementary Schools
After School Enrichment Program**

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



GET IT IN YOU.

OK, this is big. Really big. So listen up. Fiber is found naturally in whole grains, fruits, and vegetables and is added to many other foods. It's good for you. Really good. **SO EAT MORE FIBER.**

FIBER

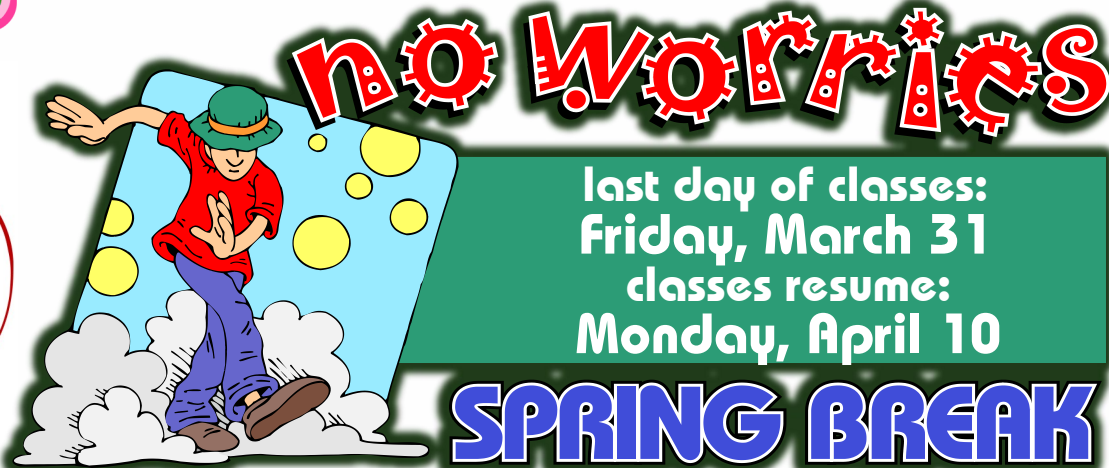
**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**



EARTH DAY 2 APRIL 22



**What's on
YOUR
plate?**



can of tomato sauce.

A: The average American eats 22 pounds of tomatoes a year, and all of them came from a vine somewhere. But less than half the tomatoes we eat are fresh. We get most of our tomatoes in processed form, out of a bottle of ketchup or a

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

Monday, April 10

WG Muffin
Milk

Tuesday, April 11

Smart Snack Chips
100% Fruit Juice

Wednesday, April 12

WG Cereal
Milk

Thursday, April 13

Goldfish Crackers
100% Fruit Juice

Friday, April 14

Mini Chocolate Chip
WG Cookies
Milk

Monday, April 17

WG Muffin
Milk

Tuesday, April 18

Smart Snack Chips
100% Fruit Juice

Wednesday, April 19

WG Cereal
Milk

Thursday, April 20

WG Elf Graham Crackers
100% Fruit Juice

Friday, April 21

Mini Chocolate Chip
WG Cookies
Milk

Monday, April 24

WG Muffin
Milk

Tuesday, April 25

Smart Snack Chips
100% Fruit Juice

Wednesday, April 26

WG Cereal
Milk

Thursday, April 27

Goldfish Crackers
100% Fruit Juice

Friday, April 28

Mini Chocolate Chip
WG Cookies
Milk