



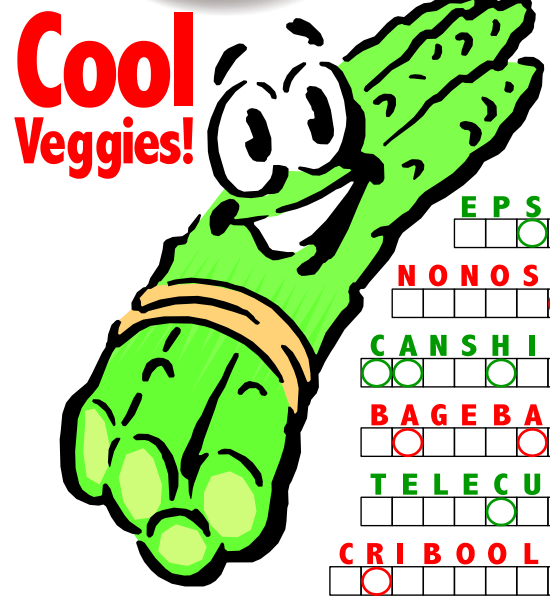
What's on **YOUR** plate?

↓
EASTER
APRIL 16



Hippos can open their mouths as much as four feet wide! They mainly just use that massive maw to graze on grass, and although they spend most of the day in the water, they are asleep much of that time and prefer to eat plants they find on dry land.

ANIMAL APPETITES



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 17
Breakfast
Cereal, Banana, Toast, Milk
Lunch
Cheese Pizza, Blueberries, Spinach & Tomato Salad, Corn, Milk

Tuesday, April 18
Breakfast
Bagel, Egg Patty, Honey dew Melon, Milk
Lunch
Corn Dog, Orange Slices, Potato Wedges, Milk

Wednesday, April 19
Breakfast
Sausage Patty, Donuts, Milk, Juice
Lunch
Chicken Patty on Bun, Broccoli, Carrot Sticks, Honey dew Melon, Milk

Thursday, April 20
Breakfast
Breakfast Burrito, Strawberries, Milk
Lunch
Bean & Cheese Burrito, Spanish Rice, Diced Pears, Milk

Friday, April 21
Breakfast
Pop Tart, Egg Patty, Milk, Juice
Lunch
Ham Sandwich, Cauliflower, Strawberries, Milk

Monday, April 24
Breakfast
Breakfast Pizza, Cantaloupe, Milk
Lunch
Chicken Nuggets, Roll, Honey dew Melon, Tater Tots, Milk

Tuesday, April 25
Breakfast
Donut, Banana, Milk
Lunch
Hamburger, Dinner Roll, Sliced Peaches, Mashed Potatoes, Milk

Wednesday, April 26
Breakfast
French Toast Sticks, Egg Patty, Blueberries, Milk
Lunch
Pepperoni Pizza, Applesauce, Spinach, Tomatoes, Corn-on-cob, Milk

Thursday, April 27
Breakfast
Pop Tart, Grapes, Milk, Juice
Lunch
PBJ Sandwich, Mandarin Oranges, Celery Sticks, Milk

Friday, April 28
NO SCHOOL TODAY
NO SCHOOL TODAY
NO SCHOOL TODAY