



Edgecombe County Public Schools K-8 Menus for April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
April 1 No School Spring Break	April 2 No School Spring Break	April 3 No School Spring Break	April 4 No School Spring Break	April 5 No School Spring Break
April 8 Sausage Biscuit Fresh Fruit BBQ Pork Rib Patty on Bun Hot Dog on Bun w/Chili Tater Tots Baked Beans Chilled Diced Pears Fresh Fruit	April 9 Confetti Pancakes Cherry Craisins BBQ Meatball Sub BBQ On Bun Crinkle Cut Fries Broccoli w/Cheese Chilled Applesauce Cup	April 10 Super Donut Fresh Fruit Baked or BBQ Chicken Roll, Mac & Cheese Steamed Collards Candied Yams Chilled Pineapple Tidbits Fresh Fruit	April 11 French Toast Sticks Watermelon Craisins Chicken Chunks w/Biscuit Mashed Potatoes Whole Kernel Corn Chilled Diced Peaches	April 12 Pancake Sausage Stick Chilled Diced Pears Pepperoni Pizza Cheese Pizza Sweet Potato Fries Green Beans Chilled Mandarin Oranges Fresh Fruit
April 15 Sausage Biscuit Fresh Fruit Pork Chop on Bun Fish Sticks w/Roll Shoestring Fries Broccoli w/Cheese Chilled Diced Pears Fresh Fruit	April 16 Cinnamon Roll Strawberry Craisins Chicken Alfredo w/Garlic Breadstick Corn Dog Black-Eye Peas Tater Tots Chilled Applesauce Cup	April 17 Strawberry Cream Cheese Bagel Fresh Fruit Baked Spaghetti w/Garlic Breadstick Candied Yams Whole Kernel Corn Chilled Pineapple Tidbits Fresh Fruit Food & Nutrition Cookies	April 18 Chicken Biscuit Strawberry Craisins Buffalo Chicken Wings w/Biscuit Mashed Potatoes Mixed Vegetables Chilled Diced Peaches	April 19 Glazed Cinnamon Bun Chilled Diced Pears Pepperoni Pizza Cheesy Pocket Sweet Potato Waffle Fries Green Beans Chilled Mandarin Oranges Fresh Fruit
April 22 Sausage Biscuit Fresh Fruit Tacos w/Chips Corn Dog Nuggets Black-Eye Peas Crinkle Cut Fries Chilled Diced Pears Fresh Fruit	April 23 Glazed Cinnamon Bun Cherry Craisins BBQ Meatball Sub Bacon Cheeseburger Tater Tots Broccoli w/Cheese Chilled Applesauce Cup	April 24 Pancake Sausage Stick Fresh Fruit Turkey w/Gravy Rice, Corn Muffin Mac & Cheese Steamed Collards Candied Yams Baked Apples Fresh Fruit	April 25 Apple Strudel Stick Watermelon Craisins Mandarin Orange Chicken Vegetable Fried Rice Baby Carrots w/Dip Mixed Vegetables Chilled Diced Peaches	April 26 Breakfast Muffin Chilled Diced Pears Quesadilla Pizza Cheese Pizza Sweet Potato Fries Green Beans Chilled Mandarin Oranges Fresh Fruit
April 29 Sausage Biscuit Fresh Fruit Hot Ham & Cheese Croissant Chicken Fajita w/Salsa Wavy Seasoned Fries Broccoli w/Cheese Chilled Diced Pears / Fresh Fruit	April 30 Confetti Pancakes Strawberry Craisins Spicy Chicken Sandwich Corn Dog Nuggets Black-Eyed-Peas Shoestring Fries Chilled Applesauce Cup	Menu Subject to Change Without Notice	Daily Breakfast Offerings Whole Grain Cereal Bars Pop Tarts 100% Fruit Juice Unflavored & Flavored Skim Milk and Unflavored 1% Milk	Daily Lunch Offerings PB&J Sandwiches Chef Salads Unflavored & Flavored Skim Milk and Unflavored 1% Milk

Food Allergy Disclaimer: Please be aware that Child Nutrition Services prepares our food in commercial kitchens, where cross-contact with food allergens is possible and where ingredient substitutions and recipe revisions are sometimes made. Additionally, manufacturers of commercial food products we order may change their product formulation or ingredient consistency at any time without notification. Actual ingredients and nutritional content may vary and we are not able to guarantee that any food item will be completely free of food allergens.

Families Making the Connection - Kale is Cool!

Kale is a green leafy vegetable, part of the cabbage or Brassicaceae family. Kale is grown all over the world. In the United States, California, Georgia, New Jersey, Texas, and North Carolina are the top kale producing states.

Kale is considered a cool-season crop but can be grown and harvested almost year-round. It prefers cooler weather and loamy soil. Kale can survive and may taste sweeter when harvested after a frost.

Kale is considered a superfood—a nutritional powerhouse of vitamins and antioxidants. One cup of raw (loosely packed) kale has about 8 calories and ½ cup of cooked, chopped kale has about 18 calories. Raw and cooked kale are excellent

sources of vitamins A, C and K, cholesterol free and low in fat and sodium.

Fresh, raw kale can be purchased in bunches or washed, chopped and bagged. Kale can also be sold canned, frozen, dried and as juice. Fresh kale is a great addition to a salad, sandwich, wrap or smoothie. Kale can also be boiled, steamed, baked, braised, or sautéed. Avoid using an aluminum pan to cook greens. Try not to overcook. Wash kale thoroughly under clean, running water before cooking or eating.

Kale along with collards, mustard greens, romaine lettuce, spinach, Swiss chard, and turnip greens are dark, leafy greens. Try kale and other dark, leafy greens today! Learn more about kale and other vegetables at <https://bit.ly/3c30kws>.