

# [Insert Public School Unit] Breakfast Menus for April 2023

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
| April 3 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 4 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 5 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 6 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 7 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| April 10 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 11 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 12 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 13 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 14 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| April 17 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 18 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 19 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 20 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 21 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| April 24 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 25 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 26 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 27 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 28 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
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## Nutrition Byte

### Going Green!

Did you know that dark, leafy greens are considered some of the most nutrient dense and healthiest foods? One cup of fresh, dark, leafy greens has 7-32 calories, depending on variety. Dark, leafy greens provide vitamins A, C, and K, folate, manganese, iron, potassium, calcium, lutein, zeaxanthin, and fiber. They are cholesterol free and low in fat and sodium.

What are dark, leafy greens? Dark, leafy greens are vegetables. They are known as cool season crops, but they can be grown and harvested almost year-round. They are often grown in the fall and winter because they grow best in cooler weather and can survive an occasional frost. Young plants have small tender leaves and a mild or sweet flavor. Mature plants have tougher leaves and a stronger flavor.

Dark, leafy greens include collards, kale, mustard greens, romaine lettuce, spinach, Swiss chard, and turnip greens. North Carolina is known for its large production of collards, mustard greens, and turnip greens, also known as "Southern greens".

Dark, leafy greens are versatile and can be eaten fresh or cooked. They can be eaten as a side dish or added to salads, stir fries, soups, casseroles, omelets, sandwiches, wraps, pizza, smoothies and more. Leafy greens cook down considerably. A ½ cup serving of cooked greens is about the same as two cups of fresh, leafy greens. Try greens today! **Nutrilink:** Learn more about dark, leafy greens and other vegetables at [MyPlate.gov](https://myplate.gov).

# Photos of darky, leafy green vegetablesMenu header with National Nutrition Month logo[Insert Public School Unit] Lunch Menus for April 2023

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