

# [Insert Public School Unit] Breakfast Menus for April 2026

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
|  |  | April 1 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 2 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 3 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 8 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 9 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 10 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 15 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 16 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 17 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 22 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 23 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 24 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 | April 29 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 30 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |  |

## Nutrition Byte

### Plant an Incredible Edible Garden

April is Garden Month! Gardening allows you to be outside, get some exercise, and grow produce and herbs for tasty meals and snacks. It can help you learn about different plants, build or practice gardening skills, save money by growing your own food, and reduce stress. Gardening offers an opportunity to spend time with friends or family, practice communication and teamwork, and enhance problem solving. You can also build community by connecting with other local gardeners and protecting the environment.

You do not need lots of space or expertise to garden. You can have a windowsill garden, container garden, raised bed garden, or a garden plot. Part of the fun of gardening is trying out new seeds or plants and seeing what you can grow.

Try these gardening tips:

* Pick a fruit, vegetable, or herb you would like to grow.
* Find the best time to plant, the type of soil it likes, and how much sun, water, and space it needs to grow.
* Plant the seed, seedling, or transplant.
* Give it enough water and sunlight. Watch it grow.
* Harvest, wash, and enjoy.

**Nutrilink:** For info or questions, go to [www.garden.org](http://www.garden.org), reach out to the Master Gardeners or Ag Agents with your local Cooperative Extension office, <https://www.ces.ncsu.edu>, or connect with your local Career and Technical Education program, classes, or teachers.

# Photos of gardening [Insert Public School Unit] Lunch Menus for April 2026

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