

# [Insert Public School Unit] Breakfast Menus for April 2024

| **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 4 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 5 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 11 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 12 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 18 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 19 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 25 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | April 26 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

### Kale Yeah!

Did you know that kale has been around for over 2,000 years? It descended from a wild cabbage found in eastern Europe and parts of Asia. 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 a green leafy vegetable, part of the cabbage or Brassicaceae family. 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! **Nutrilink:** Learn more about kale and other vegetables at <https://bit.ly/3c30kws>.

# Photos of darky, leafy green vegetablesMenu header with National Nutrition Month logo[Insert Public School Unit] Lunch Menus for April 2024

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