



APRIL | 2018

St. Rose of Lima School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hoosier Favorites Monday Pork BBQ Sandwich on Bun Buttered Corn Relishes/Salad Bar Fruit Milk Entrée Option: Turkey Sub	3 Taco Tuesday Beef Taco and Nachos Salsa/Toppings Bar Chili Style Beans South of the Border Fruit Milk Entrée Option: Taco Salad with Corn Chips	4 Little Italy Wednesday Stuffed Crust Pizza Marinara Dipping Sauce Garden Salad/Bar Frozen "Whole Fruit" Juice Milk Entrée Option: Ham and Cheese Sub	5 Go Global Thursday Asian Teriyaki Chicken/Rice Naan Flatbread Stir Fry Veggies w/ Broccoli Mandarin Fruit Salad Milk Entrée Option: Asian Chicken Salad	6 Spring Break Begins! No School
9 Spring Break	10 Spring Break	11 Spring Break	12 Spring Break	13 Spring Break
16 Hoosier Favorites Monday Baked Potato w/ Roll Toppings Bar Steamed Broccoli Fruit and Yogurt Parfait w/ Granola Milk Entrée Option: Turkey Sub w/ Relishes	17 Taco Tuesday Walking Taco w/ Baked Scoops Mexican Rice Fiesta Taco Beans Fruit and Milk Entrée Option: Taco Salad w/ Corn Chips	18 Little Italy Wednesday Chicken Alfredo w/ Rotini Noodles Breadstick Glazed Carrots Garden Salad/Bar Fruit and Milk Entrée Option: Ham and Cheese Sub	19 Try-It Thursday Hamburger on Bun Potato Wedges Baked Beans Relishes/Dip Fruit and Milk Entrée Option: Asian Chicken Salad	20 Meat-Free Friday Bosco Breadstick w/ Marinara Sauce Yogurt Cup Relishes/Garden Salad Bar Fruit and Milk Entrée Option: PBJ Uncrustable + Grain
23 Hoosier Favorites Monday Chicken Drumstick/Roll Mashed Potatoes/Gravy Seasoned Green Beans Garden Salad Bar Fruit and Milk Entrée Option: Turkey Club Wrap and SunChips	24 Brunch For Lunch Pancakes/Sausage Link Scrambled Egg Hash Brown Patty 100% Fruit Juice Milk Entrée Option: Chef Salad	25 Little Italy Wednesday Spaghetti w/ Meat Sauce Garlic Toast Garden Salad/Bar Fruit Milk Entrée Option: Italian Sub	26 Go Global Thursday Chicken Patty on Bun Baked Beans Relishes and Dip Apple Slices/Caramel Dip Milk Entrée Option: Southwest Chicken Salad	27 Meat-Free Friday Grilled Cheese and Tomato Soup Relishes/Garden Salad Bar Fruit & Milk Entrée option: PBJ Uncrustable + Grain
30 Hoosier Favorites Monday Pork BBQ Sandwich on Bun Buttered Corn Relishes/Salad Bar Diced Peaches Milk Entrée Option: Turkey Sub				<i>This institution is an equal opportunity provider.</i>

Food for Thought

TV time can take a toll on your child's nutrition. How? Research shows they are easily swayed to choose the foods they see advertised. Each day while watching TV, children typically see 10 to 13 advertisements that promote some type of food or beverage. **More than ninety percent of these food advertisements have been shown to be high in ingredients that are recommended for children to limit, such as sugar.** How can you tame TV temptations and promote healthier eating?

- Avoid watching TV while eating.** Eating together regularly without distraction offers the opportunity to promote healthful eating and family interaction.
- Limit screen time and watch children's programs without advertisements.**
- Spend time together learning about foods that are minimally processed.** Try growing a garden, visiting a farmer's market or browsing the produce section at the grocery store.
- Let kids help in the kitchen.** Young children have a willingness to learn and a genuine desire to help. This is a great time to introduce food safety, such as washing hands before handling food, and assigning simple tasks, like setting the table or tearing lettuce leaves for a salad.
- Talk with your children about the power and purpose of advertising.** Food manufacturers are primarily in the business of selling food and making a profit, not to safeguard your health.

Adapted from EatRight.org.