COLUMBUS COMMUNITY SCHOOLS

APRIL 2020

i'm PEDRO POW

GOOD EATS AT

Menus may be changed due to circumstances beyond our control.

Juice, milk, and cereal offered daily with breakfast.

Milk choices served daily with lunch. Pre-k white milk only

YOU ART WHAT YOU EAT ART CONTEST

Art Contest **ENDS APRIL 3RD**
SquareMeals.org/ArtContest

M	T	W	TH	F
		Scone Opened face Hot Beef sandwich, Mashed Potatoes, Gravy, Corn and Peaches 1	Breakfast pizza- egg/bacon or sausage Chicken fajitas- flour shell, Spanish Rice, Refried beans, and Apricots 2	Cinnamon bun Assorted Fish and Shrimp entrees French Fries Apple slices 3
Omelet wrap Chicken nuggets Mashed potatoes Broccoli Mandarin oranges 6	Breakfast pizza- egg/bacon or sausage Maid-rite on a bun French fries, Banana Animal crackers 7	Cereal Bar & Fruit Taco- Flour shell Lettuce and Cheese Corn, and Applesauce 8	Breakfast Biscuit ASSORTED ENTREES Easter Cookie Ice Cream 9	NO SCHOOL! GOOD FRIDAY! 10
NO SCHOOL! 13	Frudel Orange Chicken Rice California Blend Fortune Cookie Pineapple 14	Muffin & Fruit Mr. Rib on a bun Baked Beans Cottage Cheese Pears 15	Breakfast pizza- egg/bacon or sausage Pizza Romaine Lettuce Applesauce Cookie 16	Cereal PB& sandwich Hot Dog French Fries Carrots Apple Slices 17
Biscuits and Gravy Texas Mountain- Texas toast, Hamburger, Mashed Potatoes Peaches 20	Long John Breakfast for Lunch- Omelet, Sausage patty, Tri-tatar, Pancakes, Tomato, Apple, Grape &Orange Juice 21	Breakfast pizza- egg/bacon or sausage BBQ pork on a bun Assorted potatoes Strawberries 22	Pancakes & sausage Chicken wrap- flour tortilla, chicken strips Shredded lettuce, Cheese, Refried beans, Rice and Apricots 23	Scrambled eggs and Ham,Toast Pigs in a blanket (weiner wink) Mashed potatoes, Broccoli and Grapes 24
Mini Cinnis Chicken Fried Chicken, Mashed Potatoes, Gravy, Green beans Peaches 27	Pancake on a stick Sub Sandwich Sun Chips Carrots in a bag Banana 28	Yogurt Parfait Chili Crispito w/ Cheese sauce, Romaine Lettuce, Apricots, and Churro 29	Breakfast pizza- egg/bacon or sausage Beefy cheesy Nachos Fresh Broccoli, Corn and Applesauce 30	

SPECIAL ANNOUNCEMENTS

Also available instead of main entrée: MS/HS cold meat sandwich, Chef salad w/ a roll, or Cereal w/ PB&J sandwich and 1 cheese stick.

Roundy 4-6 grades: Cereal w/ PB&J sandwich And 1 cheese stick or Chef salad with a roll.

HEALTHY SUMMER MEALS FOR KIDS
No Cost For Kids 18 and Younger

square meals

Food and Nutrition Division | National School Lunch Program and School Breakfast Program

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.

PEDRO
POW
Peach

After a long rain at the Healthyville farm, a rainbow appeared over the farmer's peach tree. The rainbow touched the peach at the very top of the tree and it began to glow with energy and come to life. Pedro the powerful peach jumped off of the tree and explained to the farmer that all of the peaches are good sources of vitamin C and that it was his mission to bring nutrition to everyone across Texas. He speedily ran off to plant peach trees all across Texas for everyone to enjoy the taste and the powerful nutrients.

PEDRO PEACH'S
FAVORITE ACTIVITIES
Swinging on the playground

WHAT TO KNOW

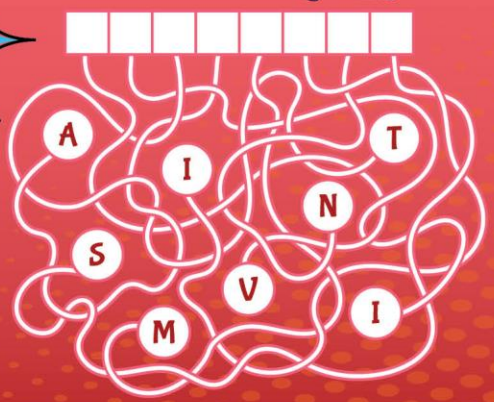
Texas peaches are a stone fruit related to nectarines, cherries and plums. There are more than one million peach trees in Texas. Peaches taste great and are incredibly good for you. A medium sized peach has 58 calories and is a very good source of vitamin A, potassium, niacin, and fiber.

FUN FACT
In ancient times, peaches were known as Persian apples

POWER
INFINITE ENERGY

FOLLOW THE PATH

Follow the path of each letter to their assigned box and discover the hidden word.



Answer: vitamins

JOKE OF THE MONTH

Q: Did you hear the joke about the Texas Peach?

A: It was Pit-iful

QUICK PEACH COBBLER

Ingredients:

- 1 can sliced peaches, packed in juice (16 ounce)
-1 egg
-1/3 cup sugar
-1/2 cup flour
-1/2 teaspoon baking powder
-1/4 teaspoon salt
-1 tablespoon margarine (softened)

Directions:

1. Preheat the oven to 375 degrees F.
2. Open the can of peaches. Pour the peaches and their juice into the casserole dish. Heat them on the stove-top until they bubble.
3. Slightly beat 1 egg.
4. In a mixing bowl, mix the egg, sugar, flour, baking powder, salt, and margarine.
5. Drop spoonfuls of this mixture on top of the hot, bubbling peaches.
6. Use pot holders to carefully remove the casserole dish from the stove.
7. Put the casserole dish in the oven. Bake for about 30-40 minutes.

Sources: USDA What's Cooking? USDA Mixing Bowl

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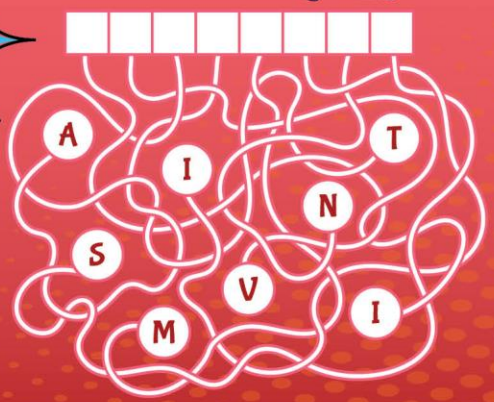

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