

Menus for

# April 2024

Fannin County Middle School



This institution is an equal opportunity provider. Menus are subject to change.

# April FISH?



In France, April Fool's Day is called "April Fish Day" and the person you play a prank on is called the "poisson d'Avril" -- THE APRIL FISH! No, really, it's true!



# eatfit

wanna stay fit?  
gotta eat right!



**item:** Hard-boiled Eggs

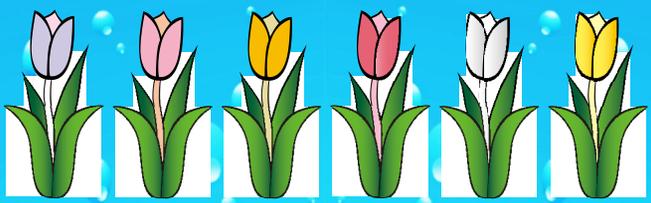
**verdict:** Can't be beat!

**tip:** Although most hard-boiled eggs aren't as fancy as this one, you find a lot of them around this time of year. And when you see one, you should eat it -- whether it's decorated or not. A hard-boiled egg is a convenient, inexpensive source of high-quality protein, with just a little fat and not a lot of calories.



# SPRING BREAK

Break begins at the end of classes:  
**Thursday, March 28**  
Classes resume:  
**Monday, April 8**



**EMERGENCY MAKE UP DAYS**

## Featured Specials of the Day

### Monday, April 8

Chicken Alfredo w/Breadstick, Retro Cheese Pizza, Munchbox Power Pack, Carrots, Green Peas, Side Salad, 100% Fruit Juice, Peaches

### Tuesday, April 9

Popcorn Chicken w/WG Roll, Beef Hot Dog, Turkey Chef Salad, Creamed Potatoes, Gravy, Broccoli, Fresh Veggie Dippers, 100% Fruit Juice, Fresh Apple Slices

### Wednesday, April 10

Taco Mac & Cheese, Mac & Cheese w/WG Roll, Munchbox All American & Power Pack, Baked Sweet Potato, Green Beans, Lettuce & Tomato, 100% Fruit Juice, Seasonal Fresh Fruit

### Thursday, April 11

Signature Philly Cheese Meatball Sub, Crunch Wrap & Cheese Cup, Sweet & Spicy Thai Chicken Salad, Fresh Veggie Dippers, Refried Beans, Lettuce & Tomato, 100% Fruit Juice, Banana

### Friday, April 12

Cheesy Twiz Stick w/Marinara, Griller Hamburger, Munchbox Power Pack, Tater Tots, Baby Carrots, Lettuce & Sliced Tomato, 100% Fruit Juice, Seasonal Fresh Fruit

Please see the other page for items available daily



# SPORTS HER WAY

Girls' participation in high school sports continues to grow. Girls now make up 43% of all high school athletes, and girls who play high school sports are 73% more likely to graduate from college than girls who don't play a sport. The fastest growing high school sport in the U.S. is girls lacrosse, which showed a 53% jump in the number of participants during the 2010s.

## Available Daily

**The "Rebel Munchbox" is a meal which includes a variety of proteins and cheese with a serving of whole grain. Students may add additional fruits & vegetables to complement the meal.**

**A choice of milk is available each day including non-fat unflavored, chocolate and 1% unflavored.**

**Si es necesario que esta información sea traducida en su idioma, por favor de comunicarse con la escuela de su hijo.**

## TIME TO BLOSSOM.

The flowers are coming out of hiding – and so should you! That resolution to exercise more that seemed so hard in the cold light of January is much more do-able as the weather warms!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!**

### Featured Specials of the Day

#### Monday, April 15

Spaghetti w/ Meat Sauce & Garlic Toast, Retro Pepperoni Pizza, Munchbox Power Pack, Green Beans, Corn, Side Salad, 100% Fruit Juice, Pears

#### Tuesday, April 16

Chicken Nuggets w/Waffle, Signature Philly Meatball Sub, Turkey Chef Salad, Creamed Potatoes, Gravy, Broccoli, Side Salad, 100% Fruit Juice, Blueberries W/Whipped Topping

#### Wednesday, April 17

Mac & Cheese w/ Buffalo Bites, Mac & Cheese w/ WG Roll, Munchbox Italiano or Power Pack, Corn, Side Salad, Fresh Veggie Dipper, 100% Fruit Juice, Seasonal Fresh Fruit

#### Thursday, April 18

Beef & Cheese Nachos, Griller Hamburger, Thai Chicken Salad, Roasted Spicy Sweet Potatoes, Black Beans, Lettuce & Tomatoes, 100% Fruit Juice, Banana

#### Friday, April 19

Stuffed Crust Pizza, Beef Hot Dog, Munchbox Power Pack, Seasoned Potatoes Wedges, Baby Carrots, Side Salad, 100% Fruit Juice, Seasonal Fresh Fruit

APRIL is

# National Kite Month

EXPLORE DISCOVER CELEBRATE HolidaySmart.com



Designed by Davia

### Featured Specials of the Day

#### Monday, April 22

Chili w/Torilla Chips, Retro Sausage Pizza, Munchbox Power Pack, Baked Potato, Fresh Veggie Dippers, Corn, Cheese Cup, 100% Fruit Juice, Peaches

#### Tuesday, April 23

Popcorn Chicken w/Roll, Signature Philly Meatball Sub, Turkey Chef Salad, Creamed Potatoes, Gravy, Black Eye Peas, Side Salad, 100% Fruit Juice, Fresh Apple Slices

#### Wednesday, April 24

Mac & Cheese w/ Beef Steak, Mac & Cheese w/ WG Roll, Munchbox All American or Power Pack, Broccoli, Fresh Veggie Dippers, Side Salad, 100% Fruit Juice, Seasonal Fresh Fruit

#### Thursday, April 25

Chicken Fajita Nachos, Griller Hamburger Thai Chicken Salad, Baked Sweet Potato, Corn, Lettuce & Tomato, 100% Fruit Juice, Banana

#### Friday, April 26

Cheese Twiz Stick w/Marinara, Beef Hot Dog, Munchbox Power Pack, Potato Tots, Fresh Veggie Dippers, Green Beans, 100% Fruit Juice, Seasonal Fresh Fruit

#### Monday, April 29

Chicken Filet Sandwich, Retro Pepperoni Pizza, Munchbox Power Pack, Peas, Corn, Lettuce & Sliced Tomato, 100% Fruit Juice, Pears

#### Tuesday, April 30

Chicken Nuggets w/Waffle, Griller Hamburger, Turkey Chef Salad, Creamed Potatoes, Gravy, Broccoli, Lettuce & Tomato, 100% Fruit Juice, Blueberries W/Whipped Topping