




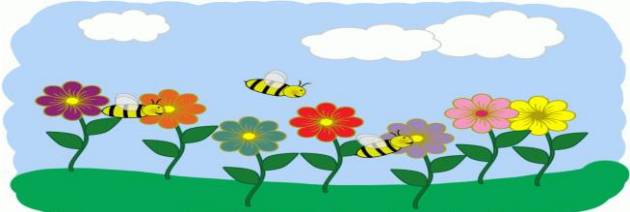


# The Ewing Public Schools ELEMENTARY MENU April 2019



Assorted Fruit & Fruit Juices offered daily.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEKLY BREAKFAST MENU</b>				
Choice of Chilled Fruit Choice of Fruit Juice & Mini Pancakes Or Choice of Cereal w/Crackers	Choice of Chilled Fruit Choice of Fruit Juice & Bagel w/Cream Cheese or Mini Bagels or Choice of Cereal w/Crackers	Choice of Chilled Fruit Choice of Fruit Juice & French Toast Sticks or Choice of Cereal w/Crackers	Choice of Chilled Fruit Choice of Fruit Juice & Yogurt w/Crackers or Choice of Cereal w/Crackers	Choice of Chilled Fruit Choice of Fruit Juice & Cereal Bar w/String Cheese or Choice of Cereal w/Crackers
<b>DAILY LUNCH MENU</b>				
1. 1. Breaded Chicken Parm Sandwich Or 2. Ham & Cheese Hoagie❖  Emoji ☺ French Fries Seasoned Green Beans	2. 1. Oven Fried Chicken w/ biscuit Or 2. Turkey Wrap*  Mashed Potatoes Steamed Broccoli	3. 1. Macaroni & Cheese w/ Dinner Roll Or 2. Grilled Chicken Sandwich  Seasoned Peas Fresh Baby Carrots	4. 1. Soft Taco's W/ fixings cup* Or 2. Sloppy Joe on Bun  Whole Kernel Corn Baked Beans	5. 1. Cheese Pizza Or 2. Fish Sticks w/ pan roll  Garden Salad Fresh Veggies w/dip
8. 1. Hot Dog on Bun Or 2. Grilled Cheese Sandwich  Sweet Potato Fries Broccoli Florets Tomato Soup	9. 1. Cheese quesadilla w/ brown rice Or 2. Cheeseburger on Bun  Baked Beans Whole Kernel Corn	10. 1. Spirals w/ meat sauce & garlic bread Or 2. Fish Sticks w/ pan roll  Seasoned Green Beans Whole Kernel Corn	11. <i>Brunch for Lunch</i> 1. Mini Pancakes w/Breakfast Sausage* or 2. Chicken Caesar Salad w/ Dinner Roll  Potato Puffs Fresh Baby Carrots Warm Apples W/ Cinnamon	12. 1. French Bread Pizza Or 2. Sloppy Joe on Bun  Romaine Salad Fresh Veggies w/dip
15.  CLOSED Spring Break 	16.  CLOSED Spring Break 	17.  CLOSED Spring Break 	18.  CLOSED Spring Break 	19.  CLOSED Spring Break 
22. 1. Corn dog bites * Or 2. Grilled Chicken Sandwich  French Fries Seasoned Green Beans	23. 1. Hot Dog on Bun Or 2. Pizza Burger  Baked Beans Steamed Carrots  Pudding w/ topping	24. 1. Chicken Nuggets w/ dip & alphabet crackers Or 2. Turkey Wrap *  Cheesy Potato Wedges Seasoned Peas	25.  CLOSED Staff Development Day	26. 1. Pan Pizza Or 2. Fresh Tuna Boat  Garden Salad Fresh Veggies w/dip
29. 1. Teriyaki Chicken w/ brown rice Or 2. Grilled Cheese Sandwich  Steamed Broccoli Fresh Baby Carrots Tomato Soup	30. 1. Popcorn Chicken w/ dip & Dinner Roll Or 2. Ham & Cheese Hoagie❖  French Fries Baked Beans			

All meals served with choice of fat free flavored or unflavored milk or 1% unflavored milk  
The menu is subject to emergency change. This institution is an equal opportunity provider  
\* contains turkey ❖ contains pork

### PRICES

Breakfast	\$1.70 (red. price \$ .30)	Ice Cream	\$.85
Lunch	\$2.80 (red. price \$ .40)	Snacks	\$.70 - \$1.25
Milk	\$.60	Juice	\$.55

### DAILY LUNCH ALTERNATES

- **YOGURT & String Cheese**  
With Bagel, Vegetables & Fruit of the Day & Milk
- **PEANUT BUTTER & JELLY ON WG BREAD & Cheese Stick**  
With Vegetables and Fruit of the Day & Milk
- **CEREAL & MILK**  
With string cheese, vegetables, and Fruit of the Day



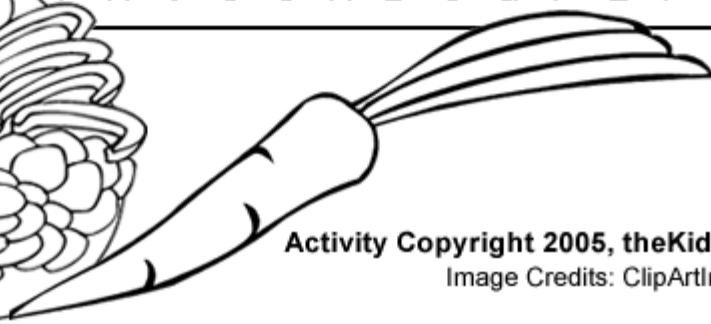
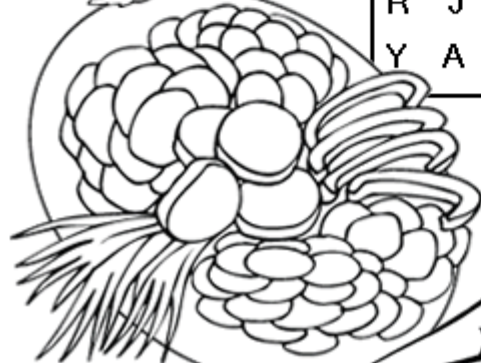
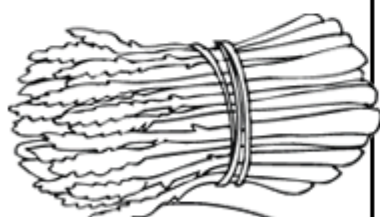
# Vegetables Word Search

Search the puzzle for the words shown in the word list.  
Circle each word that you find until you find all of the 24  
vegetable-related words.

## Word List

brussels sprouts	
potato	cucumber
pumpkin	lettuce
alfalfa	parsley
artichoke	pepper
asparagus	rhubarb
avocado	carrot
broccoli	radish
cabbage	beans
cauliflower	spinach
celery	zucchini
corn	yam
	pea

Y	A	M	B	R	O	C	C	O	L	I	R	B	A	G
C	A	U	L	I	F	L	O	W	E	R	D	Q	L	P
C	U	C	U	M	B	E	R	N	Z	T	T	C	F	A
Y	Y	N	S	P	I	N	A	C	H	S	J	O	A	R
Z	R	O	A	E	C	A	B	B	A	G	E	R	L	S
M	Z	O	R	A	D	I	S	H	M	V	B	N	F	L
K	A	A	S	P	A	R	A	G	U	S	G	X	A	E
R	F	A	Q	M	B	P	U	M	P	K	I	N	Y	Y
B	R	U	S	S	E	L	S	S	P	R	O	U	T	S
C	Q	O	P	N	A	L	E	T	T	U	C	E	L	M
E	K	G	O	S	N	A	R	T	I	C	H	O	K	E
L	O	U	T	I	S	R	H	U	B	A	R	B	D	T
E	B	F	A	L	Y	Z	U	C	C	H	I	N	I	H
R	J	V	T	C	A	R	R	O	T	T	N	E	F	F
Y	A	V	O	C	A	D	O	G	P	E	P	P	E	R



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