



Guadalupe Union School District

Mary Buren Café, April 2017

Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cereal String Cheese Fruit	4 Apple Frudel Fruit	5 Breakfast Pizza Fruit	6 Biscuit & Sausage Fruit	7 Muffin Fruit
10 Cereal String Cheese Fruit	11 Breakfast on a Stick Fruit	12 French Toast Sausage Links Fruit	13 Bagel & Cream Cheese Fruit	14 BOARD HOLIDAY NO SCHOOL
17 SPRING RECESS NO SCHOOL	18 SPRING RECESS NO SCHOOL	19 SPRING RECESS NO SCHOOL	20 SPRING RECESS NO SCHOOL	21 SPRING RECESS NO SCHOOL
24 Cereal String Cheese Fruit	25 Breakfast on a Stick Fruit	26 Breakfast Pizza Fruit	27 Biscuit & Sausage Fruit	28 Cereal Fresh Fruit



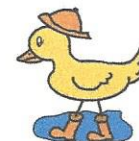
=Made from scratch



Milk is served at each meal. "USDA is an equal opportunity provider and employer"

Menu is subject to change.

Lunch Menu

Salad bar is offered at all lunches



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 😊 Chicken Fajitas Brown Rice Pilaf Fruit	4 😊 Beef Taco Pinto Beans Lettuce & Cheese Fruit	5 😊 Chicken Gravy Mashed Potatoes Fruit	6 😊 Arroz con Pollo Pinto Beans Fruit	7 😊 Golden Mac & Cheese Corn Dinner Roll Fruit Chocolate Milk
10 Chicken Taquito Fruit 	11 😊 Chili Fries Fruit 	12 😊 Pozole Cabbage Tortilla Chips Fruit	13 Pretzel with Cheese Fruit	14 BOARD HOLIDAY NO SCHOOL
17 SPRING RECESS NO SCHOOL	18 SPRING RECESS NO SCHOOL	19 SPRING RECESS NO SCHOOL	20 SPRING RECESS NO SCHOOL	21 SPRING RECESS NO SCHOOL
24 Hamburger Oven Fries Pickles & Lettuce Fruit	25 😊 Soft Taco Pinto Beans Fruit	26 😊 Beef Tamale Brown Rice Pilaf Fruit	27 😊 Chicken Crispito Pinto Beans Fruit	28 French Bread Pizza Fruit Chocolate Milk



Reason # 324 to Come to School
Chocolate Milk Being Served at Lunch
April 7, & April 28



APRIL ACTIVITIES/HOLIDAYS

ACTIVIDADES/DIAS FESTIVOS EN ABRIL

APRIL 14-21: SPRING RECESS – NO SCHOOL 14-21 DE ABRIL: VACACIONES PRIMAVERALES – NO HABRA CLASES

5, 12, 26, – Early Release Days (Every Wednesday)

5, 12, 26, – Días de Salir Temprano (cada miércoles)

12 – School Board Meeting 5:30 p.m. MPR

12 – Reunión del consejo escolar del distrito 5:30 p.m. SMU

24 – Coffee with the Principal 8:30 a.m. MPR

24 – Café con la directora 8:30 a.m. SMU

27 – PTO General Meeting 5:30 MPR

27 – Reunión general de la organización de padres y maestros (PTO) 5:30 p.m. SMU

28 – Student of the Month Assemblies (Grades 3, 4, 5, at 9:00 a.m.; Grades TK, K, 1, 2, at 9:30 a.m.)

28– Asamblea del estudiante del mes (grados 4, 5, a las 9:00 a.m.; grados KT, K, 1, 2, a las 9:30 am)

29 – Mary Buren Garden Beautification Day 9:00 a.m. – 12:00 p.m.

29 – Día de embellecimiento del jardín de la escuela Mary Buren – 9:00 a.m. – 12:00 p.m.

EAT CUCUMBERS



Nutrition Facts	
Serving Size: ½ cup cucumbers, sliced (52g)	
Calories 8	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	1%
Sugars 1g	
Protein 0g	
Vitamin A 1%	Calcium 1%
Vitamin C 3%	Iron 1%

Cucurbits Galore!

Did you know that there are over 800 different species of fruits and vegetables in the Cucurbit family? Unscramble the names of these Cucurbit fruits and vegetables. (answers below)

cucumber gourd cantaloupe acorn squash
butternut squash watermelon chayote pumpkin

1. neatlouwrn _____
2. ipmnupk _____
3. buruecmc _____
4. cnaro hussaq _____
5. onetacupal _____
6. yeachto _____
7. udgor _____
8. untbrutet qsahus _____

a. What is your favorite variety from the Cucurbit family?

b. How do you like to eat it (fresh, cooked, baked)?

c. Which new variety would you like to try from the Cucurbit family?

Answers: (1) watermelon, (2) pumpkin, (3) cucumber, (4) acorn squash, (5) cantaloupe, (6) chayote, (7) gourd, (8) butternut squash

Reasons to Eat Cucumbers

Eating a ½ cup of sliced cucumbers is a good way to get vitamin K. This vitamin helps your blood clot when you are cut. Cucumbers are mostly water. Your body needs water to keep every part working. All fruits and vegetables have water. Eating them can help you get the eight cups of fluid you need daily.

Water Champions:*

Cabbage, celery, cucumbers, grapefruit, melons, spinach, strawberries, and tomatoes.

*Water Champions contain at least 90% water.

How Much Do I Need?

A ½ cup of cucumbers is about one cupped handful of sliced cucumbers. This is about one medium cucumber. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below to find out how much you need. Make it a goal to eat fruits and vegetables and be active for at least 60 minutes every day. You also need to drink plenty of fluid every day – about eight cups! Be sure to drink water before, during, and after physical activity.

Recommended Daily Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov/kids to learn more.

For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. © California Department of Public Health 2009.

