



## Bethel Hill Charter School Breakfast Menus for April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>April 1</b> No School	<b>April 2</b> No School	<b>April 3</b> No School	<b>April 4</b> No School	<b>April 5</b> No School
<b>April 8</b> Pancakes or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	<b>April 9</b> Cinnamon Roll or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	<b>April 10</b> Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	<b>April 11</b> Waffle or Toast and Cereal Fresh Fruit Juice Lowfat or Fat free Milk	<b>April 12</b> Sausage Biscuit or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk
<b>April 15</b> French Toast or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	<b>April 16</b> Cinnamon Roll or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	<b>April 17</b> Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	<b>April 18</b> Waffle or Toast and Cereal Fresh Fruit Juice Lowfat or Fat free Milk	<b>April 19</b> Sausage Biscuit or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk
<b>April 22</b> Pancakes or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	<b>April 23</b> Cinnamon Roll or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	<b>April 24</b> Max Stix or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	<b>April 25</b> Waffle or Toast and Cereal Fresh Fruit Juice Lowfat or Fat free Milk	<b>April 26</b> Sausage Biscuit or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk
<b>April 29</b> French Toast or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk	<b>April 30</b> Cinnamon Roll or Toast and Cereal Fresh Fruit Juice Lowfat or Fat Free Milk			

### Families Making the Connection

#### Kale is Cool!

Kale is a green leafy vegetable, part of the cabbage or Brassicaceae family. Kale is grown all over the world. In the United States, California, Georgia, New Jersey, Texas, and North Carolina are the top kale producing states.

Kale is considered a cool-season crop but can be grown and harvested almost year-round. It prefers cooler weather and loamy soil. Kale can survive and may taste sweeter when harvested after a frost.

Kale is considered a superfood—a nutritional powerhouse of vitamins and antioxidants. One cup of raw (loosely packed) kale has about 8 calories and ½ cup of cooked, chopped kale has about 18 calories. Raw and cooked kale are excellent

sources of vitamins A, C and K, cholesterol free and low in fat and sodium.

Fresh, raw kale can be purchased in bunches or washed, chopped and bagged. Kale can also be sold canned, frozen, dried and as juice. Fresh kale is a great addition to a salad, sandwich, wrap or smoothie. Kale can also be boiled, steamed, baked, braised, or sautéed. Avoid using an aluminum pan to cook greens. Try not to overcook. Wash kale thoroughly under clean, running water before cooking or eating.

Kale along with collards, mustard greens, romaine lettuce, spinach, Swiss chard, and turnip greens are dark, leafy greens. Try kale and other dark, leafy greens today! Learn more about kale and other vegetables at <https://bit.ly/3c30kws>.



## Bethel Hill Charter School Lunch Menus for April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>April 1</b> No School	<b>April 2</b> No School	<b>April 3</b> No School	<b>April 4</b> No School	<b>April 5</b> No School
<b>April 8</b> Chicken Nuggets or Turkey Wrap Broccoli & Cheese French Fries Tossed Salad / Peaches Lowfat or Fat Free Milk	<b>April 9</b> BBQ Sandwich or Turkey Wrap Green Beans Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	<b>April 10</b> Hotdogs or Fish Sandwich Tossed Salad Coleslaw Baked Beans / Peaches Lowfat or Fat Free Milk	<b>April 11</b> Taco Salad or Chicken Fajita Corn Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	<b>April 12</b> Pizza or Chicken Salad Pinto Beans Carrots / Tossed Salad Fresh Fruit Lowfat or Fat Free Milk
<b>April 15</b> Cheeseburger or Ham and Cheese Sub Broccoli & Cheese French Fries Tossed Salad / Peaches Lowfat or Fat Free Milk	<b>April 16</b> Corn dog or Fish Nuggets with Hush Puppies Baked Beans / Mixed Fruit Coleslaw / Tossed Salad Lowfat or Fat Free Milk	<b>April 17</b> Spaghetti with Roll or Turkey Wrap Tossed Salad Blackeyed Peas Mixed Fruit Lowfat or Fat Free Milk	<b>April 18</b> Taco Salad or Chicken Fajita Corn Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	<b>April 19</b> Pizza Carrots Fresh Fruit Lowfat or Fat Free Milk  <b>**BBQ DAY**</b>
<b>April 22</b> Chicken Nuggets or Turkey Wrap Broccoli & Cheese French Fries Tossed Salad / Peaches Lowfat or Fat Free Milk	<b>April 23</b> Sub Sandwich Tossed Salad Fresh Fruit Lowfat or Fat Free Milk  <b>** Durham Bulls Day **</b>	<b>April 24</b> Hotdogs or Fish Sandwich Tossed Salad Coleslaw / Peaches Baked Beans Lowfat or Fat Free Milk	<b>April 25</b> Taco Salad or Chicken Fajita Corn Tossed Salad Fresh Fruit Lowfat or Fat Free Milk	<b>April 26</b> Pizza or Chicken Salad Pinto Beans Carrots / Tossed Salad Fresh Fruit Lowfat or Fat Free Milk
<b>April 29</b> Cheeseburger or Ham and Cheese Sub Broccoli & Cheese French Fries Tossed Salad / Peaches Lowfat or Fat Free Milk	<b>April 30</b> Corn dog or Fish Nuggets with Hush Puppies Baked Beans Coleslaw / Mixed Fruit Tossed Salad Lowfat or Fat Free Milk			

### Families Making the Connection

#### Kale is Cool!

Kale is a green leafy vegetable, part of the cabbage or Brassicaceae family. Kale is grown all over the world. In the United States, California, Georgia, New Jersey, Texas, and North Carolina are the top kale producing states.

Kale is considered a cool-season crop but can be grown and harvested almost year-round. It prefers cooler weather and loamy soil. Kale can survive and may taste sweeter when harvested after a frost.

Kale is considered a superfood—a nutritional powerhouse of vitamins and antioxidants. One cup of raw (loosely packed) kale has about 8 calories and ½ cup of cooked, chopped kale has about 18 calories. Raw and cooked kale are excellent

sources of vitamins A, C and K, cholesterol free and low in fat and sodium.

Fresh, raw kale can be purchased in bunches or washed, chopped and bagged. Kale can also be sold canned, frozen, dried and as juice. Fresh kale is a great addition to a salad, sandwich, wrap or smoothie. Kale can also be boiled, steamed, baked, braised, or sautéed. Avoid using an aluminum pan to cook greens. Try not to overcook. Wash kale thoroughly under clean, running water before cooking or eating.

Kale along with collards, mustard greens, romaine lettuce, spinach, Swiss chard, and turnip greens are dark, leafy greens. Try kale and other dark, leafy greens today! Learn more about kale and other vegetables at <https://bit.ly/3c30kws>.