

















# Harvest of the Month

## ~ Dry Beans ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>1-Crazy Chicken Taquito</b> <b>2-Happy Hamburger or Cheeseburger</b>  Corn 	<b>2</b> <b>1-Mini Pancakes with Sausage Patties</b> <b>2-Peanut Butter and Jelly Sandwich *V*</b> Cinnamon Applesauce	<b>3</b> <b>1-D11 Cheese *V* or Sausage Pizza</b> <b>2-Honey Mustard Chicken Wrap</b> Mixed Fruit	<b>4</b> <b>1-Turkey &amp; Gravy with Mashed Potatoes and Roll</b> <b>2-Peanut Butter &amp; Apple Lunch Box *V*</b> Cauliflower  <b>Baked Beans H</b>	<b>5</b> <b>Sack Lunch:</b> <b>1-Peanut Butter and Jelly Sandwich</b> <b>2-Yogurt, Cheese Stick and Goldfish Crackers *V*</b> Craisins
<i>Plus Additional Assorted Fruit and Veggies, Ranch or Italian Dressing, Milk or Bottled Water.</i>				
<b>8</b> <b>1-Bean and Cheese Burrito *V* H</b> <b>2-Ham and Cheese Sandwich</b> Diced Pears	<b>9</b> <b>1-Hamburger or Cheeseburger</b>  <b>2-Pizza Lunch Box</b> 100% Juice  <b>Baked Beans H</b>	<b>10</b> <b>1-D11 Cheese *V* or Pepperoni Pizza</b>  <b>2-Peanut Butter &amp; Jelly Sandwich *V*</b> Cucumbers	<b>11</b> <b>1-Macaroni and Cheese *V*</b> <b>2-Deli Roll</b> Mixed Fruit	<b>12</b> <b>1-Fish Sticks w/ Tartar Sauce &amp; Roll *V*</b> <b>2-Yogurt, Cheese Stick and Muffin *V*</b> Diced Peaches
<i>Plus Additional Assorted Fruit and Veggies, Ranch or Italian Dressing, Milk or Bottled Water.</i>				
<b>15</b> <b>1-Cheese Nachos *V*</b> <b>2-BBQ Chicken Sandwich</b> Apricots	<b>16</b> <b>1-Turkey Hot Dog</b>  <b>2-Sausage and Cheese Biscuit</b> Celery Sticks  <b>Baked Beans H</b>	<b>17</b> <b>1-D11 Cheese *V* or Sausage Pizza</b>  <b>2-Hot Deli wrap</b> Broccoli	<b>18</b> <i>No Lunch</i> 	<b>19</b> <i>No School</i> 
<i>Plus Additional Assorted Fruit and Veggies, Ranch or Italian Dressing, Milk or Bottled Water.</i>				
<b>22</b> <i>No School</i> 	<b>23</b> <b>1-Chicken Taco Kit</b> <b>2-Ham, Egg and Cheese Muffin</b> Salsa	<b>24</b> <b>1-D11 Cheese *V* or Pepperoni Pizza</b>  <b>2-Peanut Butter &amp; Jelly Sandwich *V*</b> Cinnamon Applesauce	<b>25</b> <b>1-Teriyaki Chicken with Noodles</b> <b>2-Ham and Cheese Sandwich</b> Banana	<b>26</b> <b>1-Ravioli with Meat Sauce &amp; Breadstick</b> <b>2-Yogurt, Cheese Sticks and Father's Table Bar *V*</b> Coleslaw
<i>Plus Additional Assorted Fruit and Veggies, Ranch or Italian Dressing, Milk or Bottled Water.</i>				
<b>29</b> <b>1-Fruit Muffin with Sausage Patties</b> <b>2-Turkey and Cheese Sandwich</b> Celery Sticks	<b>30</b> <b>1-Chicken Taquito</b> <b>2-Turkey Hot Dog</b> Corn		 Have fun and earn money while your children are in school! For more information, visit <a href="http://www.d11.org/Page/1750">http://www.d11.org/Page/1750</a>	Items marked with a *V* are vegetarian selections. Items marked with a  contain pork. Items marked with an H are Harvest of the Month selections.
<i>Plus Additional Assorted Fruit and Veggies, Ranch or Italian Dressing, Milk or Bottled Water.</i>				

# April 2019

Colorado Springs School District 11  
Corpus Christi K-5 Lunch Menu

### Meal Prices:

Student Lunch	\$2.90
Weekly	\$14.50
Monthly	\$58.00

Adult Lunch	\$3.10
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Milk	\$0.60
Chocolate Milk	\$0.70
Bottle Water	\$0.80

**Lunch includes a minimum of three and maximum of 5 different selections from the grain, milk, fruit, vegetable and meat/meat alternate groups. One selection must be a fruit or vegetable.**

You could possibly save hundreds of \$\$ on school lunch and breakfast! If you would like assistance with the cost of your student's meals, you may apply for free or reduced-price meals online at [MySchoolApps.com](http://MySchoolApps.com).

There may be instances when menu substitutions must be made due to circumstances beyond our control. CSSD11 Food & Nutrition Services makes every effort to prevent these situations when at all possible. In the event that a substitution must be made, signage will be posted at the school to indicate what the substitution will be.

Please visit <https://www.d11.org/Page/921> to view menus and for an explanation of the D11 snow day policy.



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**D11 Good Food Project!**

<http://m.facebook.com/pages/D11-Good-Food-Project/254969185947>



Do you have a "praise" or "concern" to share with the Director of Food & Nutrition Services? Please email your comments to [Kent.Wehri@d11.org](mailto:Kent.Wehri@d11.org).

### Colorado Harvest of the month for April... Dry Beans

Beans have a long history that includes uses other than food. The Incas of Peru used to print symbols on beans as forms of communication and record keeping. Egyptians worshipped beans and saw them as a symbol of life. Romans and Greeks used beans as tools for voting on important matters.

Beans also have a history of being used in recipes in many different countries. In fact, when the pilgrims came to America, the Native Americans introduced them to beans as a great addition to daily meals. The use of beans increased during World War II, when they became a staple in American soldiers' diets.

There are many varieties of beans. Some favorites include kidney beans, black beans, pinto beans, navy beans. Beans are a great source of vegetable protein, iron, magnesium and fiber and provide a tasty addition to many recipes. Vegetarians often use beans in place of meat, but they can be enjoyed by everyone.

Try this recipe with your next meal:

#### Black and White Bean Salad

1 can black beans, rinsed and drained  
1 can white navy beans, rinsed and drained  
½ cup chopped cucumber  
½ cup chopped red bell pepper  
¼ cup chopped onion  
¼ cup minced cilantro  
½ cup low-fat Italian dressing  
Mix all ingredients together in a bowl and stir to coat everything with dressing. Cover and chill until ready to serve.

Source: [www.fruitandveggiesmorematters.com](http://www.fruitandveggiesmorematters.com), [www.kelleybean.com](http://www.kelleybean.com)

### Physical Activity Topic for April... Yoga

Yoga can be a very calming exercise, combining different stretches and poses that keep the body loose and limber. Yoga can also be a great way to tone muscles and make them stronger. Many professional athletes use yoga as a form of exercise. Yoga is a full body workout that can strengthen your abilities in other sports by increasing your flexibility, endurance, and ability to focus.

Yoga focuses on breathing and stretching exercises which help to bring your body and mind together through slow and careful movements. It is important to start slowly and not to push your body to do too much at first.

To begin your yoga practice, make sure that you are wearing loose fitting, comfortable clothing that allows you to move easily. Sweatpants or leggings and a t-shirt are often perfect for this sort of activity.

It is important to start yoga by learning from a trained yoga teacher. To find a class near you, check out your local YMCA, recreation center, or fitness center. There are often classes available for all ages and fitness levels. Start with the beginner class to learn each of the normal yoga poses and how to begin the important "yoga breathing". You can also visit your local library to check out books or magazines discussing the basics of yoga, beginner poses, and breathing techniques.

Once you learn the basic yoga poses, you can practice them at home. Make sure that you provide yourself with plenty of space and wear the correct clothing. You may want to purchase a yoga mat, which will help you when trying to position yourself and hold certain poses correctly. It only takes 10-15 minutes to really benefit from the relaxing moves.

Source: [www.cdc.gov/bam](http://www.cdc.gov/bam)

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