



# Camp Lejeune Community Schools K-12 Breakfast Menus for April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
April 3 <b>HOLIDAY</b>	April 4 <b>HOLIDAY</b>	April 5 <b>HOLIDAY</b>	April 6 <b>HOLIDAY</b>	April 7 <b>HOLIDAY</b>
April 10 Muffins Cereal Toast Cranberries, Dried Juice Lowfat or Fat Free Milk	April 11 Pop Tart Cereal Pears Juice Lowfat or Fat Free Milk	April 12 Scrambled Eggs Grits Toast Applesauce Mixed Fruit Lowfat or Fat Free Milk	April 13 French Toast Sticks Cereal Orange Wedges Juice Lowfat or Fat Free Milk	April 14 Mini Strawberry Bagels Oatmeal Toast Raisins Pineapple Tidbits Lowfat or Fat Free Milk
April 17 <b>NO SCHOOL</b>	April 18 Pancakes Sausage Patty w Toast Peaches Juice Lowfat or Fat Free Milk	April 19 Cinnamon Roll Oatmeal Toast Orange Wedges Cranberries, Dried Lowfat or Fat Free Milk	April 20 Cheddar Cheese Biscuit Cereal Banana Juice Lowfat or Fat Free Milk	April 21 Egg and Cheese Muffin Cereal Fresh Apples Pears Lowfat or Fat Free Milk
April 24 Pancakes Cereal Cranberries, Dried Juice Lowfat or Fat Free Milk	April 25 Cinnamon Toast Oatmeal Mixed Fruit Juice Lowfat or Fat Free Milk	April 26 Yogurt Cereal Toast Peaches Raisins Lowfat or Fat Free Milk	April 27 Breakfast Pizza Cereal Toast Pears Juice Lowfat or Fat Free Milk	April 28 Pop Tart Cereal Toast Pineapple Tidbits Applesauce Lowfat or Fat Free Milk
		Menu subject to change upon product availability		

## Families Making the Connection

### Go for Greens

Dark, leafy greens are vegetables. They are known as cool season crops, but they can be grown and harvested almost year-round. They are often grown in the fall and winter because they grow best in cooler weather and can survive an occasional frost. Young plants have small tender leaves and a mild or sweet flavor. Mature plants have tougher leaves and a stronger flavor.

Dark, leafy greens include collards, kale, mustard greens, romaine lettuce, spinach, Swiss chard, and turnip greens. North Carolina is known for its large production of collards, mustard greens, and turnip greens, also known as "Southern greens".

Did you know that dark, leafy greens are considered some of the most nutrient dense and healthiest vegetables? They are versatile and can be eaten fresh or cooked. Dark, leafy greens can be eaten as a side dish or added to salads, stir fries, soups, casseroles, omelets, sandwiches, wraps, pizza, smoothies and more. Leafy greens cook down considerably. A ½ cup serving of cooked greens is about the same as two cups of fresh, leafy greens. One cup of fresh, dark, leafy greens has 7-32 calories, depending on variety. Dark, leafy greens provide vitamins A, C, and K, folate, manganese, iron, potassium, calcium, lutein, zeaxanthin, and fiber. They are cholesterol free and low in fat and sodium. Try greens today! Learn more about dark, leafy greens and other vegetables at [MyPlate.gov](https://www.myplate.gov).