



# Camp Lejeune Community Schools K-8 Lunch Menus for April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
April 3  <b>NO SCHOOL</b>	April 4  <b>NO SCHOOL</b>	April 5  <b>NO SCHOOL</b>	April 6  <b>NO SCHOOL</b>	April 7  <b>NO SCHOOL</b>
April 10 Chicken & Waffles Chicken Quesadillas Sweet Potatoes Fries Green Beans Cranberries Lowfat or Fat Free Milk	April 11 Sloppy Joe on Bun Grilled Cheese Sandwich Baked Beans Steamed Broccoli Peaches Lowfat or Fat Free Milk	April 12 Hot Dog w Trimmings Fish Nuggets Peas Baby Carrots w Ranch Fresh Apples Lowfat or Fat Free Milk	April 13 Spaghetti w Meat Sauce Turkey & Cheese Deli Wrap Corn California Veggies Orange Wedges Lowfat or Fat Free Milk	April 14 Pepperoni Pizza Cheese Pizza Oven Fry Potatoes Romaine and Spinach Salad Raisins Lowfat or Fat Free Milk
April 17  <b>NO SCHOOL</b>	April 18 Cheeseburger on Bun Pork Rib on Bun Mashed Potatoes Green Beans Mixed Fruit Lowfat or Fat Free Milk	April 19 Grilled Cheese Sandwich Turkey w Cheese Sub Steamed Carrots Pinto Beans Peas Lowfat or Fat Free Milk	April 20 Chicken Cheese Quesadillas Chicken Fillet on Bun Potato Smiles Peas Pineapple Tidbits Lowfat or Fat Free Milk	April 21 Hamburger on Bun Fish Nuggets Baked Beans Baby Carrots w Ranch Cranberries Lowfat or Fat Free Milk
April 24 Chicken Cheese Nachos Ham & Cheese Sandwich French Fries Steamed Broccoli Raisins Lowfat or Fat Free Milk	April 25 Hot Dog w Trimmings Fish Nuggets Baked Beans California Vegetables Applesauce Lowfat or Fat Free Milk	April 26 Turkey Corn Dog Chef Salad w Ham & Cheese Green Beans Buttery Corn Mixed Fruit Lowfat or Fat Free Milk	April 27 Chicken Nugget w Roll Grilled Cheese Sandwich Romaine & Spinach Salad Pinto Beans Peaches Lowfat or Fat Free Milk	April 28 Pepperoni Pizza Cheese Pizza Sweet Potatoes Fries Baby Carrot w Ranch Cranberries 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).