



## Camp Lejeune Community Schools 9-12 Lunch- April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Spring Break 3-7 No School</b>	<b>April 4 “April Month of</b>	<b>April 5 Military Child”</b>	<b>April 6 No School</b>	<b>April 7 No School</b>
<b>April 10</b>	<b>April 11</b>	<b>April 12</b>	<b>April 13</b>	<b>April 14</b>
Turkey Corn Dog Cheese Quesadillas Potato Puffs Green Beans Mixed Fruit Orange Wedges Lowfat or Fat Free Milk	Chicken & Waffles BBQ Pulled Pork on Bun Honey Baked Beans Broccoli Apple Cranberries, Dried Lowfat or Fat Free Milk	Chicken Cheese Quesadillas Fish Fillet on Bun Corn Green Beans Pineapple Tidbits Strawberry Cup Lowfat or Fat Free Milk	Meatball Sub Grilled Cheese Sandwich Winter Blend Vegetables Baby Carrots w/ Ranch Applesauce Cup Banana Lowfat or Fat Free Milk	Pepperoni Pizza Cheese Pizza Corn Romaine Spinach Salad Peaches Pears Cookie Lowfat or Fat Free Milk
<b>April 17</b>	<b>April 18</b>	<b>April 19</b>	<b>April 20</b>	<b>April 21</b>
<b>No School</b>	Sausage Dog on Bun Cheese Quesadillas Black Beans w/ Salsa Potato Tots Peaches Orange Wedges Lowfat or Fat Free Milk	Chicken Cheese Nachos Pork Rib on Bun Broccoli Rice Mixed Vegetables Apple Pears Lowfat or Fat Free Milk	Rotisserie Chicken w/ Roll Fish Fillet on Bun Green Beans Mashed Potatoes w/ Gravy Mixed Fruit Raisins Lowfat or Fat Free Milk	Meatball Sub Grilled Cheese Sandwich Winter Blend Vegetable Baby Carrots w/ Ranch Applesauce Banana Lowfat or Fat Free Milk
<b>April 24</b>	<b>April 25</b>	<b>April 26</b>	<b>April 27</b>	<b>April 28</b>
Double Cheeseburger Hot Dog w/ Fixings Broccoli Oven Baked Fries Apple Raisels Lowfat or Fat Free Milk	Beefy Cheesy Nachos Fish Nuggets Refried Beans Rice Romaine Spinach Salad Pineapple Cranberries, Dried Lowfat or Fat Free Milk	Corn Dog Nuggets Grilled Cheese Sandwich Corn Green Beans Applesauce Cup Raisins Lowfat or Fat Free Milk	Chicken Cheese Quesadillas Pork Chop Patty on Bun California Blend Vegetables Peas Orange Wedges Peaches Lowfat or Fat Free Milk	Pepperoni Pizza Cheese Pizza Corn V-8 Vegetable Juice Mixed Fruit Strawberry Cup Lowfat or Fat Free Milk
		Menu subject to change upon product availability.		

### Nutrition Byte

#### Going Green!

Did you know that dark, leafy greens are considered some of the most nutrient dense and healthiest foods? 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.

What are dark, leafy 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".

Dark, leafy greens are versatile and can be eaten fresh or cooked. They 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. Try greens today! **Nutrilink:** Learn more about dark, leafy greens and other vegetables at [MyPlate.gov](https://www.myplate.gov).