

April 1 - April 14, 2017

MONDAY April 3	TUESDAY April 4	WEDNESDAY April 5	THURSDAY April 6	FRIDAY April 7
B - Pancake & Sausage <i>or</i> Cereal L - Turkey Pot Roast Mashed Potatoes Steamed Broccoli Whole Wheat Roll Fruit Milk V - Black Bean Patty	B - Frittata <i>or</i> Cereal L - Beef Nachos Supreme Refried Beans Spring Salad Jalapeño Slices Pico de Gallo Fruit Gingerbread Milk V - Cheesy Nachos	B - Breakfast Bagel <i>or</i> Cereal L - Beef-a-Roni Green Beans Whole Wheat Roll Fruit Milk V - Pasta w/ Marinara Sauce	B - Morning Glory Muffin <i>or</i> Cereal L - Ham & Cheese Sandwich Lettuce/Tomato Black Bean Salad Fruit Milk V - Grilled Cheese Sandwich	B - Yogurt Parfait <i>or</i> Cereal L - Bean Tostadas Steamed Corn Lettuce Tomato Salsa Fruit Oatmeal Cookie Milk
April 10	April 11	April 12	April 13	April 14
B - French Toast Sticks <i>or</i> Cereal L - Chicken Drumstick Green Beans Baby Carrots Whole Wheat Roll Fruit Milk V - Veggie Nuggets	B - Breakfast Bagel L - Corn Chip Pie Lettuce/Tomato Fruit Banana Bread Square Milk V - Bean Corn Chip Pie	B - Muffin & String Cheese L - Teriyaki Chicken Brown Rice Vegetable Stir Fry Sweet & Sour Cucumbers Fruit Milk V - Black Bean Patty	B - Sausage Roll L - Beef Burrito w/ Red Chile Sauce Pinto Beans Tomato Salsa Fruit Milk V - Bean Burrito	Mid-Semester Break (No School)

NOTES: A variety of milk is offered at each meal. Breakfast includes fruit and juice daily. Menu is subject to change.
This institution is an equal opportunity provider and employer.

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PRE-PAID LUNCH FORM		
FORMULARIO DE ALMUERZO (LONCHE) PRE-PAGADO		
Amount enclosed. \$		Please make checks payable to the school cafeteria.
Child's Name (Nombre del niño/a)		Teacher (Maestro/a)
Grade (Grado)	Today's Date (Fecha)	ID Number (Numero del niño/a)
Elementary		Middle and High School
Full Price Lunch (Precio completo)		Full Price Lunch (Precio completo)
5 Lunches (5 Almuerzos) \$11.25		5 Lunches (5 Almuerzos) \$12.50
10 Lunches (10 Almuerzos) \$22.50		10 Lunches (10 Almuerzos) \$25.00
15 Lunches (15 Almuerzos) \$33.75		15 Lunches (15 Almuerzos) \$37.50
20 Lunches (20 Almuerzos) \$45.00		20 Lunches (20 Almuerzos) \$50.00
25 Lunches (25 Almuerzos) \$56.25		25 Lunches (25 Almuerzos) \$62.50
Reduced Price Lunch (Precio Reducido)		Reduced Price Lunch (Precio Reducido)
5 Lunches (5 Almuerzos) \$2.00		5 Lunches (5 Almuerzos) \$2.00
10 Lunches (10 Almuerzos) \$4.00		10 Lunches (10 Almuerzos) \$4.00
15 Lunches (15 Almuerzos) \$6.00		15 Lunches (15 Almuerzos) \$6.00
20 Lunches (20 Almuerzos) \$8.00		20 Lunches (20 Almuerzos) \$8.00
25 Lunches (25 Almuerzos) \$10.00		25 Lunches (25 Almuerzos) \$10.00

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Begin every day with Breakfast...

...especially on a test day!

Eating a healthy breakfast gives your body the energy you need to learn and play.

NOTE: On testing days, the breakfast menu may be different than the printed menu. Some school sites are offering breakfast in the classroom to the testing students.



Eat a rainbow every day!

Kids of ALL ages need to eat a lot of colors of fruits and veggies every day to help us grow and stay well.

RED fruits and veggies help keep your **heart** strong.

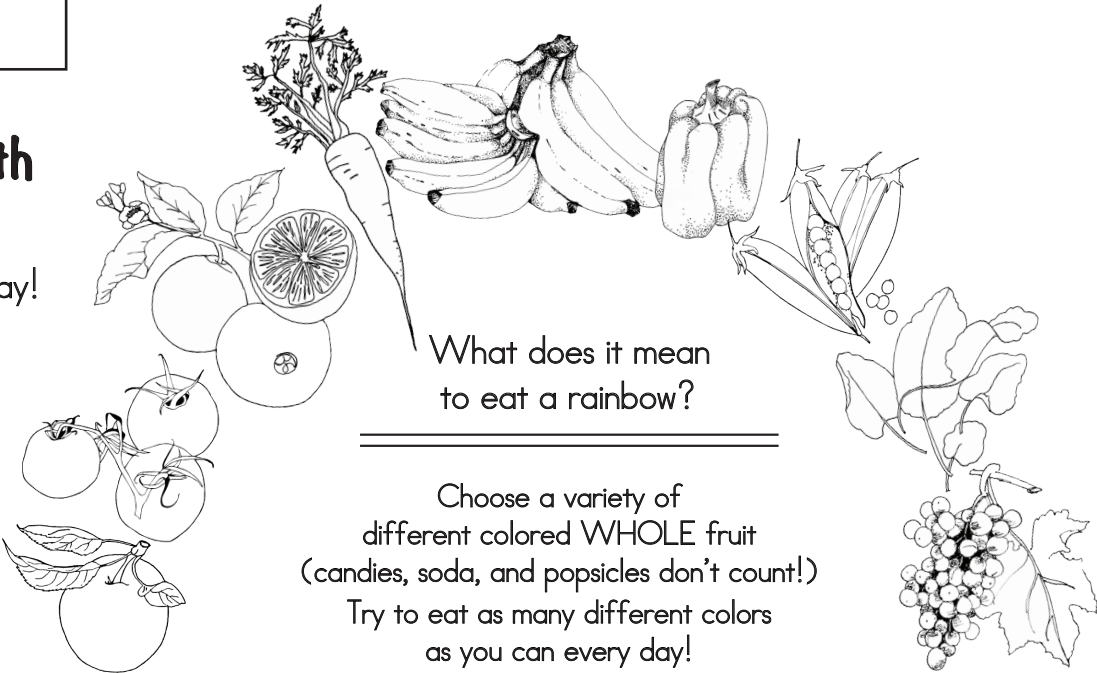
ORANGE fruits and veggies help keep your **eyes** healthy.

YELLOW fruits and veggies help keep you from getting sick.

GREEN fruits and veggies help make your **bones** and **teeth** strong.

BLUE and **PURPLE** fruits and veggies help your **memory**.

Color the fruits and vegetables below to make your own rainbow of foods!



What does it mean to eat a rainbow?

Choose a variety of different colored **WHOLE** fruit (candies, soda, and popsicles don't count!) Try to eat as many different colors as you can every day!



It's almost
planting time!

During April, many farmers in Northern New Mexico are planting fruits and vegetables. This produce will be ready for us to enjoy in the summer and fall.

To find out what's in season (that means ready to eat!), check out "What's in Season" at farmersmarketsnm.org

Did you know that carrots grow in many different colors? You can eat a rainbow of carrots!

Saturday, April 22 is **Earth Day!**
Here are 6 ways to celebrate:



- 1. **Walk** or **bike** to school.
(it's also good for your body!)
- 2. **Grow** something!
Plant a seed, sprout, flower, or tree in a pot, garden, or backyard.
Make sure to ask a grown-up for help.
- 3. **Clean up litter** at a local park. Invite your friends to help!
Go with a grown-up, and make sure to bring trash bags and wear gloves.
- 4. **Turn out the lights!**
See if you can go without turning on any lights all day!
If you do turn on a light, make sure to turn it off when you leave.
- 5. **Recycle.**
Santa Fe has a new recycling program! Find out more at santafenm.gov
- 6. **Make every day Earth Day!**
Taking care of the earth is a way of taking care of ourselves!

April 17 - April 30, 2017

MONDAY April 17	TUESDAY April 18	WEDNESDAY April 19	THURSDAY April 20	FRIDAY April 21
B - Oatmeal & Toast <i>or</i> Cereal L - Turkey Corndog Baked Beans Steamed Corn Fruit Milk V - Grilled Cheese	B - Breakfast Burrito L - Salisbury Steak Mashed Potatoes Creamy Cole Slaw Whole Wheat Roll Fruit Milk V - Black Bean Patty	B - Zucchini Bread L - Cheese Breadsticks w/ Marinara Sauce Greens & Sprout Salad Fruit Milk	B - Yogurt & Granola L - BBQ Pork Riblets Green Beans Tomato-Cucumber Salad Whole Wheat Roll Fruit Milk V - Cheese Quesadilla	B - Manager's Choice L - Cheeseburger Baby Carrots Broccoli Florets Fruit Milk V - Black Bean Patty
April 24	April 25	April 26	April 27	April 28
B - Pancake & Sausage <i>or</i> Cereal L - Chicken Nuggets Mashed Potatoes Steamed Carrots Whole Wheat Roll Fruit Milk V - Veggie Nuggets	B - Frittata <i>or</i> Cereal L - Bean Tostadas Steamed Corn Lettuce Tomato Salsa Fruit Oatmeal Raisin Cookie Milk	B - Breakfast Bagel <i>or</i> Cereal L - Spaghetti w/ Meat Sauce Green Beans Whole Wheat Roll Fruit Milk V - Pasta w/ Marinara Sauce	B - Morning Glory Muffin <i>or</i> Cereal L - Beef Nachos Supreme Refried Beans Spring Salad Jalapeño Slices Pico de Gallo Fruit Gingerbread Milk V - Cheesy Nachos	B - Yogurt Parfait <i>or</i> Cereal L - Ham & Cheese Sandwich Lettuce/Tomato Black Bean Salad Fruit Milk V - Grilled Cheese Sandwich

NOTES: A variety of milk is offered at each meal. Breakfast includes fruit and juice daily. Menu is subject to change.



Meet Your Cafeteria Staff
Ramirez Thomas Elementary

Liz Ruiz, Manager
Favorite School Lunch:
Orange Chicken
Favorite Fruit: Nectarines
Favorite Vegetable: Corn

From left to right:
Back row: Cecelia Tapia, Luz Terrazas,
Marina Loya De Araiza, Judith Parra
Front row: Liz Ruiz (manager), Julia Padilla