

**YOU'RE GOOD**



**ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG**

Menus for

# April 2026

**Thermalito Union Elementary School District**

This institution is an equal opportunity provider

Menu Subject to Change

Freshly Prepared On Site

## THE PONY EXPRESS



The Pony Express began its 2,000-mile service from Missouri to California in April 1860. The cost was \$10 per ounce of mail, and delivery time was about 10 days.



Every complete meal we serve comes with your choice of milk!

## Word of the Month

# cour·age

*n.* 1. the quality of mind or spirit that enables one to face difficulty, danger, fear, pain, etc. with self-possession, confidence, and resolution 2. bravery

Wednesday, April 1

### Breakfast

Breakfast Bites or Honey Cheerios

### Offered w/ Breakfast

Fresh Apple  
Fresh Orange

### Lunch

Beef Hot Dog,  
Smiley Fries

### Offered w/ Lunch

Fruit & Veggie Bar

Thursday, April 2

### Breakfast

Golden Graham Cereal with Yogurt or Strawberry Scone

### Offered w/ Breakfast

Applesauce  
Fresh Orange

### Lunch

BBQ Slugger Chicken with Rice

### Offered w/ Lunch

Cookie  
Fruit & Veggie Bar

Friday, April 3

### Breakfast

Turkey Sausage Biscuit Sandwich or Blueberry Chex

### Offered w/ Breakfast

Juice  
Apple Slices

### Lunch

Chicken Sandwich  
Tater Tots

### Offered w/ Lunch

Fruit & Veggie Bar

Monday, April 13

### Breakfast

Biscuits w/ Country Gravy or Blueberry Chex

### Offered w/ Breakfast

Tater Tots  
Juice

### Lunch

Cheeseburger or Bean & Cheese Burrito  
Smile Fries

### Offered w/ Lunch

Fruit & Veggie Bar

Tuesday, April 14

### Breakfast

Waffles & Strawberries or Frosted Mini Wheats w/ Scooby Sticks

### Offered w/ Breakfast

Strawberry Cup  
Banana

### Lunch

Beef & Cheese Taco Stick or Cheese Pizza

### Offered w/ Lunch

Brownie  
Fruit & Veggie Bar

Wednesday, April 15

### Breakfast

Strawberry Mini Bagel or Honey Cheerios

### Offered w/ Breakfast

Fresh Pear  
Applesauce

### Lunch

Teriyaki Beef Dippers or Pull Apart

### Offered w/ Lunch

Marinara Sauce  
Fruit & Veggie Bar

Thursday, April 16

### Breakfast

Breakfast Pizza Bagel or Blueberry Chex

### Offered w/ Breakfast

Juice  
Fresh Apple

### Lunch

Roasted Drumsticks w/ Dinner Roll or Taco Nada

### Offered w/ Lunch

Potato Wedges  
Fruit & Veggie Bar

Friday, April 17

### Breakfast

Strawberry Frosted Shredded Wheat w/ Yogurt or Sausage & Cheese Mini Bagel

### Offered w/ Breakfast

Fresh Orange  
Applesauce

### Lunch

Enchilada Empanada or Chicken Nuggets

### Offered w/ Lunch

Tater Tots  
Fruit & Veggie Bar

## TRUST YOUR HEART.



Your heart knows: WHAT TIME you eat matters. Eating a healthy meal early in the day is linked to a lower risk of heart attack, while eating late at night before bed is linked to an increased risk. Listen to your heart!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!**

Monday, April 20

**Breakfast**

Chorizo & Cheese Bolillo or Golden Grahams w/ Strawberry Waffle Grahams

**Offered w/ Breakfast**

Juice  
Fresh Apple

**Lunch**

Glazed Chicken Wings w/ Dinner Roll or Ciabatta Cheese Melt

**Offered w/ Lunch**

Potato Wedges  
Fruit & Veggie Bar

Tuesday, April 21

**Breakfast**

Turkey Sausage Biscuit Sandwich or Blueberry Chex

**Offered w/ Breakfast**

Tater Tots  
Juice

**Lunch**

Chicken Sandwich or Macaroni & Cheese

**Offered w/ Lunch**

Tater Tots  
Orange Fruit Jell-O  
Fruit & Veggie Bar

Wednesday, April 22

**Breakfast**

Cinnamon Roll or Multi Grain Cheerios w/ Strawberry Waffle Graham

**Offered w/ Breakfast**

Fresh Strawberries  
Fresh Orange

**Lunch**

Orange Chicken or Chicken Egg Roll

**Offered w/ Lunch**

Fried Rice  
Fruit & Veggie Bar

Thursday, April 23

**Breakfast**

Golden Grahams w/ Yogurt or Banana Muffin

**Offered w/ Breakfast**

Fresh Apple  
Fresh Orange

**Lunch**

Beef & Cheese Chimichanga or Breaded Crispy Fish

**Offered w/ Lunch**

Strawberry Pop  
Fruit & Veggie Bar

Friday, April 24

**Breakfast**

Pancake & Sausage on a Stick or Blueberry Chex

**Offered w/ Breakfast**

Fresh Pear  
Fresh Orange

**Lunch**


BBQ Slugger Chicken w/ Rice or FB Cheese Pizza

**Offered w/ Lunch**

Cookie  
Fruit & Veggie Bar

**1 AND ONLY!**

The gecko is the only lizard that has a voice. In fact, its name comes from the Indonesian word for the sound it makes. Maybe that's why it's on so many commercials!



Monday, April 27

**Breakfast**

Frosted Mini Wheats w/ String Cheese or Blueberry Muffin

**Offered w/ Breakfast**

Fresh Orange  
Applesauce

**Lunch**

Beef Hot Dog or Pull Apart

**Offered w/ Lunch**

Smiley Fries  
Fruit & Veggie Bar

Tuesday, April 28

**Breakfast**

Pork Sausage Biscuit Sandwich or Trix Cereal w/ Vanilla Bear Grahams

**Offered w/ Breakfast**

Juice  
Fresh Orange

**Lunch**

Chicken Nuggets w/ Dinner Roll or Taco Nada

**Offered w/ Lunch**

Cookie  
Fruit & Veggie Bar

Wednesday, April 29

**Breakfast**

Breakfast Bites or Honey Cheerios

**Offered w/ Breakfast**

Fresh Apple  
Fresh Orange

**Lunch**

Chicken Egg Roll w/ Fried Rice or Bean & Cheese Burrito

**Offered w/ Lunch**

Fruit & Veggie Bar

Thursday, April 30

**Breakfast**

Strawberry Scone or Golden Grahams w/ Yogurt

**Offered w/ Breakfast**

Fresh Orange  
Applesauce

**Lunch**

Beef Soft Taco or Corn Dog

**Offered w/ Lunch**

Fruit & Veggie Bar



**SPRING**

KINDERGARTEN WORD SEARCH



P A E T S U N L  
 H N G F R O G R  
 W E G B Z J B A  
 O S L E A F O I  
 R T C E S Y O N  
 M U B I R D T F



BEE



BIRD



BOOT



EGG



FROG



LEAF



NEST



RAIN

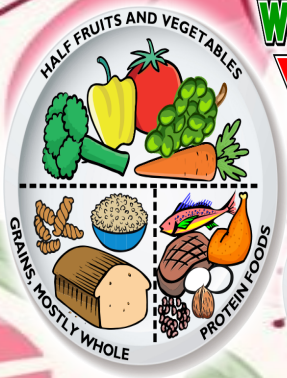


SUN



WORM

**What's on YOUR plate?**



**How come watermelon is such a great choice?**

The MyPlate graphic advises us to make half of each meal fruits and vegetables – and that's one of the things that makes watermelon such a great choice! It's not only delicious, and often locally-grown, and loaded with vitamins A and C and potassium, but watermelon also fills up your plate!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)