



# April 2018

## Dos Rios School

Mrs. Dowling-Garrott, Principal

School Office (623) 474-7000

Attendance (623) 474-7005

Cafeteria (623) 474-7033



Monday	Tuesday	Wednesday	Thursday	Friday
2. Cinni Mini Cherry Applesauce Fruit Juice	3. Egg Slider Fresh Fruit Apple Juice	4. Coffee Cake Grape Juice Sliced Apples	5. Cereal Pouch Apple Juice Strwbrry Applesauce	6. Maple Pancakes Orange Juice Mixed Fruit Bowl
Sack Lunch during Testing	Twisted Alfredo Green Beans Fruit & Vegetable Bar	Manager's Choice	Beef Meatloaf Carrot Slices Mashed Potatoes Fruit & Vegetable Bar	Pepperoni Pizza Green Salad Mix Mix Veg Cup Fresh Fruit
9. Banana Bread Sliced Apples Fruit Juice	10. Pancake Stick Grape Juice Cinn Applesauce	11. Strawberry Yogurt Scooby Grahams Fruit Juice Fresh Grapes	12. Apple Breakfast Bar Orange Juice Mixed Fruit Bowl	13. Egg Burrito Apple Juice Mixed Fruit Bowl
Mini Corn Dogs Twisted Fries Fruit & Vegetable Bar	Asian Chicken Steamed Rice Stir Fry Vegetables Fruit & Vegetable Bar	Walking Taco Spicy Pinto Beans Fruit & Vegetable Bar	Macaroni & Cheese Broccoli Florets Fruit & Vegetable Bar	Chicken Nuggets Mix Veg Cup French Fry Fresh Fruit
16. Honey Bun Grape Juice Peach Applesauce	17. Choc Donut Cheese Stick CranRasp Juice Sliced Apples	18. Early Dismissal Cinn Mini Bagel Grapes Apple Juice	19. Banana Chunk Bar Raisins- chewy fun Orange Juice	20.  <b>Holiday</b>
Chicken Sandwich Tater Tots Fruit & Vegetable Bar	Beefy Pasta Garlic Breadstick Green Beans Fruit & Vegetable Bar	PBJ Sack Lunch	Hot Dog French Fry Baked Beans Fruit & Vegetable Bar	No School
23. Cinn Toast Bar Grape Juice Peach Applesauce	24. Berry French Toast Apple Juice Grapes	25. Cherry Frudel CranRasp Juice Sliced Apples	26. Muffin with Cheese Strwbrry Applesauce Orange Juice	27. Egg Cheese Wrap Fruit Juice Chewy Craisins
Meatball Sandwich Tater Tots Fruit & Vegetable Bar	Salisbury Steak Green Beans Mashed Potatoes Fruit & Vegetable Bar	Cheese Enchiladas Spicy Pinto Beans Fruit & Vegetable Bar	BBQ Rib Sandwich Corn on Cob Fruit & Vegetable Bar	Pepperoni Pizza Green Salad Mix Mix Veg Cup Chilled Fruit
<i>We offer 1% white and non-fat flavored milks at meal service.</i>		<i>Substitute menus are sometimes necessary.</i>		<i>"This institution is an equal opportunity provider."</i>

## Happy April!

*Do you love this time of the year with so many things to do outside? Enjoy this gorgeous weather, work on getting our winter white legs a little tan. My flower beds are blooming, I have carrots & zucchini growing. My niece Grace comes over a lot, our new thing is making up games using sidewalk chalk. I go out and draw on the sidewalk then get Grace and the neighbor kids. They have to read the instructions and follow the arrows that I drew. Like to take 5 giant steps, then twirl like a ballerina 3 times, hoppy like a bunny 10 times, etc. When I tire the kids out, it washes off with the water hose, so we can play again the next day.*

*Since April is also the month for testing- I have a math quiz for you. I put the answer on the bottom of the page. The following number is the only one of its kind. 8,549,176,320 Can you figure out what is so special about it? (Answer on bottom of page).*



*Have a great month, read a book, stay safe.*



### **Are you Berry Smart about STRAWBERRIES?**



Strawberries are in the same botanical family as a rose, so are apples, peaches, blackberry and raspberries. Strawberries are low in calories, excellent source of vitamin-C. They are also rich source of health promoting nutrients, minerals, and vitamins that are essential for optimum health. Strawberries are a sweet, tasty, healthy thing to eat.

A strawberry has over 200 seeds on the outside. 94% of all American's eat strawberries. We average 3.4# of berries each year. California is a major grower of strawberries, over 1million pounds of berries are grown. If you put the berries end to end, they would circle the earth 15 times. Wow!

Strawberries have been known as a symbol of perfection and goodness. Craftsmen would carve strawberries into furniture, wood trim of churches and houses. If you are lucky enough to find a double strawberry, when you break it in half and share the other half with someone, then you will both fall in love.

We all know strawberry shortcake is a dessert (very delicious). In 1976 she became a cartoon on a greeting card. A few years later was developed a "Strawberry Shortcake" cartoon and merchandise. I remember my eldest niece carrying a lunch box with Strawberry Shortcake and Friends on it.



Right now strawberries are in season, get a couple boxes next time you're at the store. My niece says they are the yummiest.

### ***I'm thinking about carrots this month, so a review***

***Lets see if you know all the trivia about carrots.***

- ***Carrots are the 2<sup>nd</sup> most popular vegetable, potato is #1.***
- ***An average person will eat 10,866 carrots in their lifetime.***
- ***Longest carrot ever grown was over 12 FEET long.***
- ***The biggest carrot ever grown was over 19 pounds.***
- ***A "Wild Carrots" is green & white wild flower, most commonly known as Queen Ann's Lace.***
- ***In 1980 "baby carrots", peeled and ready to go were first introduced into the grocery store.***
- ***Carrots were the first vegetable to be commercially canned.***
- ***Carrots come in different colors: red, yellow, white, purple and orange.***
- ***California is largest grower of carrots in the US.***
- ***If you dream about carrots, it means prosperity and health.***
- ***Carrot is a member of the parsley family- along with celery, parsnips and fennel.***



**Answer: It's the only number that has all the digits arranged in alphabetical order**