



April 2018

Union Elem. School

Mr Michael Welsh, Principal
 School Office (623) 478-5000
 Cafeteria (623) 478-5042

Monday	Tuesday	Wednesday	Thursday	Friday
2.	3.	4.	5.	6.
Cinni Mini Cherry Applesauce Fruit Juice	Egg Slider Fresh Fruit Apple Juice	Muffin Grape Juice Sliced Apples	Bowl Cereal Apple Juice Strwbrry Applesauce	Maple Pancakes Orange Juice Mixed Fruit Bowl
Chicken Nuggets Tater Tots Fruit & Vegetable Bar	Beefy Pasta Garlic Breadstick 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.	10.	11.	12.	13.
Banana Bread Sliced Apples Fruit Juice	Pancake Stick Grape Juice Cinn Applesauce	Strawberry Yogurt Scooby Grahams Fruit Juice Fresh Grapes	Apple Brkfst Bar Orange Juice Mixed Fruit Bowl	Egg Burrito Apple Juice Mixed Fruit Bowl
Beefy Chili Cornbread Square 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	Corn Dogs Twisted Fries Fresh Fruit
16.	17.	18. Early Dismissal	19.	20.
Honey Bun Grape Juice Peach Applesauce	Choc Donut Cheese Stick CranRasp Juice Sliced Apples	Cinn Mini Bagel Grapes Apple Juice	Banana Chunk Bar Raisins- chewy fun Orange Juice	Holiday
Chicken Sandwich Tater Tots Fruit & Vegetable Bar	Turkey Gravy Mashed Potatoes Fruit & Vegetable Bar	PBJ Sack Lunch	Hot Dog French Fry Baked Beans Fruit & Vegetable Bar	No School
23.	24.	25.	26.	27.
Bowl Cereal Grape Juice Peach Applesauce	Cinn French Toast Apple Juice Grapes	Cherry Frudel CranRasp Juice Sliced Apples	Muffin with Cheese Strwbrry Applesauce Orange Juice	Egg Cheese Wrap Fruit Juice Chewy Craisins
California Burger Tater Tots Fruit & Vegetable Bar Fresh Apples	Chicken Fajita Refried Beans Fruit & Vegetable Bar	Deli Sandwich Potato Chips Fruit & Vegetable Bar	BBQ Ckn 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.

Lets see if you know all the trivia about carrots.

- **Carrots are the 2nd 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