

Families Making the Connection

Planting Seeds for Lifelong Learning

School gardens can be effective learning tools for students to discover fresh food, make healthier food choices and be more active. Gardens offer dynamic settings for class curriculum activities that integrate science, math, environmental studies, reading, nutrition, health, physical activity and more. If your child's school or class chooses to do a garden, here are some tips to help guide you.

- Get permission. Check with the principal and school administrators about garden policies.
- Investigate liability issues and insurance costs and requirements.
- Follow federal, state and local health, sanitation and safety regulations.
- Choose a garden site that has safe soil, gets direct sun for 6-7 hrs/day, is clear of trees and roots, and has good water drainage. Ensure you have a safe water source and handwashing station nearby.
- Create rules and guidelines so that everyone knows how the garden operates.
- Define your plan for the garden.
- Organize a garden committee and volunteers. Include teachers, School Nutrition staff, students, and families.
- Design your garden. Consider fencing, composting, a tool shed, benches and paths that are wheelchair accessible (36 inches).
- Link the garden to class curricula activities.
- Help students learn about farm to school.
- Share the harvest with a food bank or pantry.

DAILY BREAKFAST OFFERING:

Variety of Cereals
Fresh Fruit/Fruit Juice
Choice of strawberry/white/chocolate milk

DAILY LUNCH OFFERING:

Fresh Fruit
Tossed salad (Mon, wed and fri)
Choice of strawberry/white/chocolate milk

Arapahoe Charter School K-12 April Menu

Go Bobcats

| Monday, April 1 | Tuesday, April 2 | Wednesday, April 3 | Thursday, April 4 | Friday, April 5 |
|---|--|--|---|---|
| BREAKFAST Breakfast pizza LUNCH Chicken nuggets Hamburger patty w/ gravy Oven rice Pinto beans Glazed baby carrots Raisins | BREAKFAST Pancakes/syrup Scrambled eggs LUNCH Macaroni and cheese Burrito Crackers Broccoli Corn Peaches | BREAKFAST Muffin LUNCH Nachos Corn dog nuggets Collards Sweet potatoes Applesauce | BREAKFAST Grits LUNCH Grilled ham and cheese Oven roasted chicken/dinner roll Coleslaw Baked beans Mixed fruit gelatin | BREAKFAST Biscuit/chicken patty LUNCH Pizza Fish sandwich Tossed salad Cherry tomatoes French fries Apple crisp |
| Monday, April 8 | Tuesday, April 9 | Wednesday, April 10 | Thursday, April 11 | Friday, April 12 |
| BREAKFAST Breakfast pizza LUNCH Chicken nuggets Pork chop/gravy Oven rice Seasoned Pinto beans Glazed baby carrots Raisins | BREAKFAST French toast stick/syrup LUNCH Macaroni and cheese/crackers Burrito/crackers Broccoli Corn Applesauce | BREAKFAST Muffin LUNCH Nachos Corn dog nuggets Collards Baked beans Peaches | BREAKFAST Grits LUNCH Grilled ham and cheese Oven roasted chicken/dinner roll Sweet potatoes Green beans Applesauce | BREAKFAST Pop tart LUNCH Pizza Fish nuggets Tossed salad Cherry tomatoes Tater tots Mixed fruit gelatin |
| Monday, April 15 | Tuesday, April 16 | Wednesday, April 17 | Thursday, April 18 |  |
|  | | | | |
| Monday, April 22 | Tuesday, April 23 | Wednesday, April 24 | Thursday, April 25 | Friday, April 26 |
|  | BREAKFAST Breakfast pizza LUNCH Chicken nuggets Macaroni and cheese Oven rice Pinto beans Ba by carrots Raisins | BREAKFAST Muffin LUNCH Oven roasted chicken Pork BBQ Dinner roll Mashed potatoes Baked beans Pineapple | BREAKFAST Grits LUNCH Grilled ham and cheese Burrito/crackers Sweet potatoes Green beans Peaches | BREAKFAST Sausage/biscuit LUNCH Pizza Fish sandwich Tossed salad Cherry tomatoes French fries Apple crisp |
| Monday, April 29 | Tuesday, April 30 |  |  |  |
| BREAKFAST Breakfast pizza LUNCH Chicken nuggets Pork chop sandwich Oven rice Seasoned pinto beans Glazed baby carrots Raisins | BREAKFAST French toast stick/syrup LUNCH Spaghetti/dinner roll Burrito/crackers Sweet potatoes Green beans Applesauce | | | |