



## Durham Public Schools Whitted Pre-K In-School Snack Menus for April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	April 1	April 2	April 3	April 4
	No School Spring Break	No School Spring Break	No School Spring Break	No School Spring Break
April 7	April 8	April 9	April 10	April 11
<b>Educational Crackers (wg)</b> 100% Fruit Juice	<b>Goldfish Crackers (wg)</b> 100% Fruit Juice	<b>Graham Crackers (wg)</b> 100% Fruit Juice	<b>Pretzels (wg)</b> 100% Fruit Juice	<b>Yogurt Cup</b> 100% Fruit Juice
April 14	April 15	April 16	April 17	April 18
<b>Scooby Doo Grahams (wg)</b> 100% Fruit Juice	<b>CheezIt Crackers (wg)</b> 100% Fruit Juice	<b>Animal Crackers (wg)</b> 100% Fruit Juice	<b>Tortilla Chips (wg)</b> 100% Fruit Juice	No School Holiday
April 21	April 22	April 23	April 24	April 25
No School Teacher Workday	<b>Goldfish Crackers (wg)</b> 100% Fruit Juice	<b>Graham Crackers (wg)</b> 100% Fruit Juice	<b>Pretzels (wg)</b> 100% Fruit Juice	<b>Yogurt Cup</b> 100% Fruit Juice
April 28	April 29	April 30	Menus are subject to change	(wg): Whole Grain Rich
<b>Scooby Doo Grahams (wg)</b> 100% Fruit Juice	<b>CheezIt Crackers (wg)</b> 100% Fruit Juice	<b>Animal Crackers (wg)</b> 100% Fruit Juice		

**Food Allergy Disclaimer:** Please be aware that School Nutrition Services prepares our food in commercial kitchens, where cross-contact with food allergens is possible and where ingredient substitutions and recipe revisions are sometimes made. Additionally, manufacturers of commercial food products we order may change their product formulation or ingredient consistency at any time without notification. Actual ingredients and nutritional content may vary, and we are not able to guarantee that any food item will be completely free of food allergens. If you have questions or any concerns regarding ingredients of a specific food or recipe, please reach out to the Durham Public Schools Nutrition Services at 919-560-2370.

## Families Making the Connection

### Every Kid Healthy

Did you know that April 21-25 is Every Kid Healthy Week? Every Kid Healthy™ Week is an annual celebration of school health and wellness. It takes place during the last full week of April – each day shines a spotlight on the actions schools and families are taking to improve the health and wellness of their kids and teens.

Nutrition, physical activity, and mental health impact learning. Eating nutritious meals and snacks, getting enough sleep, having a support system and healthy strategies to manage stress, and moving more with walking, biking, dancing, playing sports, or other activities are all important. Healthy youth are better prepared to learn and thrive!

Everyone can take action during Every Kid Healthy™ Week and throughout the year. Learn more and find resources at [actionforhealthykids.org](https://www.actionforhealthykids.org).

- Prepare and choose nutritious foods and beverages.
- Move more for fitness.
- Be kind to yourself and others.
- Serve as a role model for health and wellness.
- Learn about your local wellness policy for your school district and find ways you can get involved.
- Promote and support wellness for your school, family, and community.