



# APRIL BREAKFAST



<b>Tuesday – 4/2</b> Cranberry Juice Oatmeal Cottage Cheese Pineapple Tidbits Pumpkin Raisin Muffin	<b>Wednesday – 4/3</b> Orange Juice Granola Cereal Turkey Sausage Biscuit Raisins	<b>Thursday – 4/4</b> Bran Flakes Bran Banana Muffin Fruited Yogurt Whole Grain Goldfish Crackers Fresh Seasonal Fruit																													
<b>Tuesday – 4/9</b> Apple Juice Cheerios Cereal Bagel w/ Cream Cheese Tropical Fruit	<b>Wednesday – 4/10</b> Grape Juice Raisin Bran Cereal Turkey Ham & Swiss Cheese Biscuit Fresh Seasonal Fruit	<b>Thursday – 4/11</b> Orange Juice Bran Flakes Cereal Whole Grain Double Chocolate Muffin Hard Boiled Egg																													
<b>Tuesday – 4/16</b> Grape Juice Bran Flakes Cereal String Cheese Whole Grain Donut Ring Mandarin Oranges	<b>Wednesday – 4/17</b> Orange Juice Cinnamon Squares Cereal Cottage cheese Fruit Cocktail Whole Grain Strawberry Pop Tart	<b>Thursday – 4/18</b> Cranberry Juice Corn Flakes Cereal Hard Boiled Egg Bran Zucchini Muffin Tropical Fruit																													
<b>Tuesday – 4/23</b> Orange Juice Oatmeal Fruited Yogurt Breakfast Round Pineapple Tidbits	<b>Wednesday – 4/24</b> Apple Juice Bran Flakes Cereal Pumpkin Muffin Ham/Egg/Cheese Breakfast Bar Fresh Seasonal Fruit	<b>Thursday – 4/25</b> Grape Juice Raisins Wheat English Muffin Egg Patty w/ Sliced Cheddar Cheese																													
<b>Tuesday – 4/30</b> Cranberry Juice Raisin Bran Cereal French Toast Sticks w/ Syrup Turkey Sausage Links (2) Sliced Pears	<table border="1"> <thead> <tr> <th>April</th> <th>Calories Weekly Average</th> <th>Carbohydrates Weekly Average</th> <th>Sodium Weekly Average</th> </tr> </thead> <tbody> <tr> <td>Week 1</td> <td>649</td> <td>87.1</td> <td>887</td> </tr> <tr> <td>Week 2</td> <td>761</td> <td>101.1</td> <td>731</td> </tr> <tr> <td>Week 3</td> <td>752</td> <td>94.1</td> <td>846</td> </tr> <tr> <td>Week 4</td> <td>705</td> <td>93.6</td> <td>883</td> </tr> <tr> <td>Daily Standard</td> <td></td> <td>100 grams</td> <td>800-1000 mg</td> </tr> <tr> <td>Targeted Daily</td> <td>650-750</td> <td></td> <td></td> </tr> </tbody> </table>			April	Calories Weekly Average	Carbohydrates Weekly Average	Sodium Weekly Average	Week 1	649	87.1	887	Week 2	761	101.1	731	Week 3	752	94.1	846	Week 4	705	93.6	883	Daily Standard		100 grams	800-1000 mg	Targeted Daily	650-750		
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## My Plate-Meal Planning for One

Cooking for one can be challenging-most recipes and sales are meant for more than one person. Use the tips below to help when you're cooking for one.



### Freeze extra portions

Is the package of meat, poultry, or fish too big for one meal? Freeze the extra in single servings for easy use in future meals.



### Cook once, eat twice

Making chili? Store leftovers in small portions for an easy heat-and-eat meal. Serve over rice or a baked potato to change it up!



### Sip on smoothies

A smoothie for one is easy! Blend fat-free or low-fat yogurt or milk with ice, and fresh, frozen, canned, or even overripe fruits.



### Order at the deli counter

Deli counters offer small quantities. Ask for a quarter pound of roasted poultry and 2 scoops of bean salad or marinated vegetables.



### Use a toaster oven

Small, convenient, quick to heat! They're perfect for broiling fish fillets, roasting small vegetables, or heating up a bean burrito.

Based on the Dietary Guidelines for Americans  
Go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for more information.



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

## SPRING

- AWAKEN
- BLOOM
- BLOSSOM
- BUD
- FLOWER
- GARDEN
- GROW
- MOW
- RAIN
- REFRESH
- SUNNY
- TULIP

## JOHNSON COUNTY KANSAS Library

### Straight from the Horse's Mouth



**Hugger Mugger** by Robert B. Parker (Book - Mystery)

A Boston PI travels to Georgia to protect a two-year-old racehorse destined to become famous.

**Second-Chance Cowboy** by Carlyne Aarsen (Book - Fiction)

Morgan Walsh will do just about anything to connect with the son who continues to keep him at arm's length.

**Pony Express Mail-Order Bride** by Rhonda Gibson (Book - Fiction)

Needing a home and a husband to help her raise her orphaned nephews, Bella Wilson travels to Wyoming in response to a mail-order bride ad.

**Crisis** by Felix Francis (Regular and Large Print Book - Fiction)

Harrison Foster is summoned to Newmarket after a fire in the Chadwick Stables kills six very valuable horses.

**Spirit of the Horse: a celebration in fact & fable** by William Shatner (Book Non-Fiction)

Shatner speaks from the heart about the remarkable effect horses have had on his life, and on the lives of others.

**Trigger, Jr.** by William Witney (DVD)

Roy Rogers and his Western Show ride into a dispute between a group of ranchers and a range patrol.

**Secretariat** by Diane Lane (DVD)

The spectacular journey of an incredible horse, Secretariat, and the story of his unlikely owner, a housewife who risked everything to make him a champion.

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Submitted by Margaret Ohmes, Information Specialist, JCL