



# APRIL BREAKFAST



		<b>Thursday – 4/1</b> Grape Juice Cinnamon Squares Cereal Whole Wheat Bagel & Cream Cheese Fresh Fruit Assorted Jelly	
<b>Tuesday – 4/6</b> Orange Juice Cheese Omelet Strawberry Waffle Graham Crackers Raisin Bran Cereal	<b>Wednesday – 4/7</b> Grape Juice Oatmeal String Cheese French Toast Sticks & Pancake Syrup Whole Grain Goldfish Crackers	<b>Thursday – 4/8</b> Cranberry Juice Bran Flakes Cereal Whole Wheat Bagel Peanut Butter Pineapple Tidbits	
<b>Tuesday – 4/13</b> Grape Juice Oatmeal Turkey Sausage/Egg/Cheese Wrap Strawberry Waffle Graham Crackers	<b>Wednesday – 4/14</b> Cranberry Juice Cinnamon Squares Cereal String Cheese Whole Wheat Cinnamon Roll	<b>Thursday – 4/15</b> Orange Juice Bran Flakes Cereal Pancakes & Pancake Syrup Turkey Sausage Link Fresh Fruit	
<b>Tuesday – 4/20</b> Grape Juice Raisin Bran Cereal Pumpkin Muffin Cherry Craisins Hard Boiled Egg	<b>Wednesday – 4/21</b> Cranberry Juice Oatmeal Whole Wheat Bagel Egg Patty & Cheddar Cheese Fresh Fruit	<b>Thursday – 4/22</b> Apple Juice Turkey Sausage Biscuit Bran Flakes Cereal Raisins	
<b>Tuesday – 4/27</b> Orange Juice Egg and Cheese Taco Roll Granola Fresh Fruit	<b>Wednesday – 4/28</b> Grape Juice Bran Flakes Cereal Wheat English Muffin Peanut Butter & Assorted Jelly Fresh Fruit	<b>Friday – 4/29</b> Cranberry Juice Cinnamon Squares Cereal Hard Boiled Egg String Cheese Tropical Fruit	

## JOHNSON COUNTY KANSAS Library



### Leaving Winter 'Behind'



**Sulfur Springs** by William Krueger (Book – Mystery) Also large print & CD audio.

A young man leaves a garbled message for his mother about the murder of a cartel leader. Now she must find him before the cartel does.

**Right Where We Belong** by Brenda Novak (Book – Fic) Large print, CD audio, eBook

Her perfect life unraveled, Savanna Grey looks for a new start with her children in Silver Springs.

**The National Baseball Hall of Fame collection** by J. Buckley, Jr. (Book – Non-Fic)

Celebrating the game's greatest players.

**Container Gardening Complete** by Jessica Walliser (Book – Non-Fiction)

Creative projects for growing vegetables and flowers in small spaces.

**100 Simple Paper Flowers** by Kelsey Elam (Book – Non-Fiction)

Contains beautiful, simple step-by-step projects complete with templates for single flowers or an entire bouquet.

**April in Paris, 1921: a Kiki Button Mystery** by Tessa Lunny (Book – Mystery)

Helping Picasso search for a stolen portrait in Jazz Age Paris, Kiki must first identify a double agent.

**Home by Spring** by Dwight Little (DVD – Hallmark)

An ambitious event planner goes undercover as her boss and pulls off the perfect spring retreat after returning to her hometown. Will she discover home is where her heart is?

If you or someone you know is homebound and would like these materials mailed to your home and you live in a Johnson County service area, please call 913-826-4600 or email [ask@jocolibrary.libanswers.com](mailto:ask@jocolibrary.libanswers.com) to sign up for HomeConnect service today.

Submitted by Margaret Ohmes, Information Specialist, JCL

APRIL	Calories Weekly Average	Carbohydrates Weekly Average	Sodium Weekly Average
Week 1	700	97.3	897
Week 2	723	96.5	936
Week 3	683	90.7	948
Week 4	732	96.3	979
Daily Standard		100 grams	800-1000 mg
Targeted Daily	650-750		

## WHAT'S A SERVING?



### FRUITS

4 servings per day

#### ONE MEDIUM FRUIT

= About the size of your fist

FRESH, FROZEN OR CANNED

= 1/2 CUP

DRIED

= 1/4 CUP

FRUIT JUICE

= 1/4 CUP

### VEGETABLES

5 servings per day

#### RAW LEAFY VEGETABLE

= 1 CUP

FRESH, FROZEN OR CANNED

= 1/2 CUP

VEGETABLE JUICE

= 1/2 CUP

\*based on a 2,000 calorie eating pattern

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



ATHLETICS  
DODGERS  
RED SOX  
TIGERS  
CARDINALS  
METS  
ROCKIES  
TWINS  
CUBS  
NATIONALS  
ROYALS  
YANKEES