




APRIL BREAKFAST



	Wednesday – 4/1 Orange Juice Granola Cereal Turkey Sausage Biscuit Fresh Fruit	Thursday – 4/2 Bran Flakes Cereal Banana Bran Muffin Fruited Yogurt Whole Grain Goldfish Crackers Fresh Fruit
Tuesday – 4/7 Grape Juice Cinnamon Squares Cereal Whole Wheat Bagel & Cream Cheese Tropical Fruit	Wednesday – 4/8 Apple Juice Raisin Bran Cereal Turkey Ham Biscuit w/ Swiss Cheese Fresh Fruit	Thursday – 4/9 Orange Juice Bran Flakes Cereal Whole Wheat Cinnamon Roll Hard Boiled Egg
Tuesday – 4/14 Apple Juice Chicken Biscuit Bran Flakes Cereal Raisins	Wednesday – 4/15 Grape Juice Raisin Bran Cereal Pumpkin Muffin Pineapple Tidbits Cottage Cheese	Thursday – 4/16 Cranberry Juice Oatmeal Whole Wheat Bagel Egg Patty & Cheddar Cheese Fresh Fruit
Tuesday – 4/21 Orange Juice Oatmeal Honey Wheat English Muffin Peanut Butter & Assorted Jelly Fresh Fruit	Wednesday – 4/22 Apple Juice Pancake Turkey Sausage on Stick w/ Syrup String Cheese Mandarin Oranges	Thursday – 4/23 Cranberry Juice Bran Flakes Cereal Hard Boiled Egg Whole Grain Goldfish Crackers Tropical Fruit
Tuesday – 4/28 Cranberry Juice Bran Flakes Cereal Hard Boiled Egg White Whole Grain Bagel & Peanut Butter Pineapple Tidbits	Wednesday – 4/29 Grape Juice Oatmeal String Cheese French Toast Sticks & Pancake Syrup Whole Grain Goldfish Crackers	Thursday – 4/30 Cheese Omelet Whole Wheat Sandwich Thin Blueberry Muffin Fresh Fruit

April	Calories Weekly Average	Carbohydrates Weekly Average	Sodium Weekly Average
Week 1	756	97.2	949
Week 2	712	92.6	999
Week 3	651	93.6	919
Week 4	700	89.6	978
Daily Standard		100 grams	800-1000 mg
Targeted Daily	650-750		

FOOD SAFETY REMINDERS



- EAT meals RIGHT AWAY or REFRIGERATE/FREEZE
- THROW AWAY food left out for more than 2 hours
- REHEAT food until STEAMING HOT
- WASH YOUR HANDS before touching food
- KEEP your kitchen CLEAN



Are You "Crafty"?

Library

Decoupage Your Home by Fransie Snyman (Book – Non-Fiction)
One of the most popular crafts to re-emerge recently, decoupage is ideal to decorate just about anything.

Build Stuff with Wood by Christiana Asa (Book – Non-Fiction)
Make awesome projects with basic tools.

Paper Folded Flowers by Elizabeth Moad (Book – Non-Fiction)
Clear, easy step-by-step instructions to create beautiful embellishments for greeting cards, gift bags, and bouquets.

Amazing Origami Boxes by Tomoko Fuse (Book – Non-Fiction)
20 original designs, some simple, others more complex, made from a single sheet of paper. Color photographs accompany step-by-step instructions and diagrams.

The Friday Night Knitting Club by Kate Jacobs (Book – Fiction)
Georgia, a single mother trying to raise a teenaged daughter, is thrown into a tailspin when the father reappears and wants to be a part of raising their daughter.

Knot What It Seams by Elizabeth Craig (Book – Mystery)
When Beatrice retired to North Carolina for peace and quiet and quilting, she never expected that murder would disturb the peace.

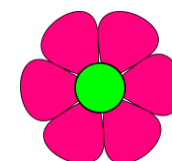
Carve: A Simple Guide to Whittling by Melanie Abrantes (Book-Non-Fiction)
Using just a tool or two (a pocketknife and a gouge), learn how to whittle 12 small objects and in the process carve out a little peace and quiet

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 913-826-4384 or email: JCLHomeConnect@jocolibrary.org to sign up for HomeConnect service today.

Submitted by Margaret Ohmes, Information Specialist, JCL

Flower Power

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



- CARNATION
- DAFFODIL
- DAISY
- GARDENIA
- LILY
- MARIGOLD
- ORCHID
- PEONY
- ROSE
- SUNFLOWER
- TULIP
- VIOLET