

Menus for APRIL 2010



Chino Valley High School

This institution is an equal opportunity provider and employer.

Featured Specials of the Day

Thursday, April 1

Breakfast: Muffins, Cheese Stick, Juice, Milk
Lunch: Turkey w/Mashed Potatoes & Gravy, Corn, Corn Muffin, Milk

Monday, April 5

Breakfast: Super Donut, Fruit Cup, Milk
Lunch: Pizza, Pasta, Green Beans, Milk

Tuesday, April 6

Breakfast: Nutrigrain Bar, Apple Slices w/Carmel Dip, Milk
Lunch: Teriyaki Beef, White Rice, Chow Mein Noodles, Veggie, Fruit, Fortune Cookie, Milk

Wednesday, April 7

Breakfast: Pancake on a Stick, Juice
Lunch: Spicy Chicken Sandwich, AuGratin Potatoes, Carrot Coins, Milk

Thursday, April 8

Breakfast: Cereal Bowl, Yogurt, Juice, Milk
Lunch: Mozzarella Sticks w/Marinara Sauce, Frito Lay Chips, Mixed Veggies, Milk

PLEASE SEE REVERSE SIDE FOR ITEMS AVAILABLE EVERY DAY

FIT FAT

WANNA STAY FIT?
FIGHT THE FAT!

ITEM: Candy Bar

VERDICT: Not snacktastic

TIP: Don't be fooled by the ads. Candy isn't the best way to give yourself an energy boost. Candy bars get nearly all of their (many) calories from fat and added sugar, and candy bars should be a treat, rather than a daily snack.



*Based on 3.6-oz., 470 calorie size of one popular candy bar. Check the label of your favorite brand.

Featured Specials of the Day

Monday, April 12

Breakfast: Quaker Granola Bar, Fresh Fruit, Juice, Milk
Lunch: Cheese Burger, Baked Beans, French Fries, Milk

Tuesday, April 13

Breakfast: Poptart, Cheese Stick, Juice, Milk
Lunch: Beef Ribs, Mashed Potatoes w/Gravy, Green Beans, Milk

Wednesday, April 14

Breakfast: Churros, Yogurt, Juice, Milk
Lunch: Egg Rolls, Fried Rice, Stir Fried Veggies, Fortune Cookie, Milk

Thursday, April 15

Breakfast: Breakfast Bar, Juice, Milk
Lunch: Nachos w/Beef, Beans Cheese, Mexicorn, Spanish Rice, Milk

OUR NATION'S HISTORY

The Declaration of Independence was written in 1776 by a committee of the Continental Congress that had three members: Ben Franklin, John Adams, and Thomas Jefferson. Franklin was already 70 at the time and would live another 14 years. Adams and Jefferson were younger men, and each would go on to become President of the United States – and they also became bitter political rivals in the young republic. In later life, they would become friends again and correspond for many years. Amazingly, Adams and Jefferson died on the same day, and, even more amazingly, that day was July 4, 1826 – exactly 50 years to the day from the signing of their Declaration.



WITH LIBERTY & JUSTICE FOR ALL