

## Featured Specials of the Day

### Monday, May 24

**Breakfast:** Clodhoppers, Cheese Stick, Juice

**Lunch:** Sloppy Joes, Ranch Style Beans

### Tuesday, May 25

**Breakfast:** Quaker Granola Bars, Apple Slices w/ Carmel Sauce

**Lunch:** Soft Taco, Spanish Rice, Mexican

### Wednesday, May 26

**Breakfast:** Cinnamon/Sugar Pretzel, Fresh Fruit, Juice

**Lunch:** Pizza, Pasta, Green Beans

# GET DOWN WITH THE BROWN.

Whole grain foods (which are usually brown) are better for you than the white stuff. So when you can, try to choose whole wheat pasta and bread, whole grain cereal, and brown rice.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

Congratulations  
Chino Valley High School  
Seniors!

Best of wishes in your  
future  
endeavors.

You  
finally  
made it.



## DON'T LET THIS HAPPEN TO YOU!!!



BY THE TIME STEVE'S LUNCH BREAK FINALLY ROLLED AROUND, HE HAD ONCE AGAIN BECOME A VICTIM OF THE DREADED "SOGGY BAG SYNDROME."

### NUTRITION ANALYSIS OF THIS TYPICAL SCHOOL LUNCH COMBO:

BEEF HOT DOG ON ROLL  
OVEN-BAKED POTATO PUFFS  
PINEAPPLE PIECES  
ANIMAL CRACKERS  
LOWFAT CHOCOLATE MILK

TOTAL CALORIES: 732  
CALORIES FROM PROTEIN: 117  
CAL FROM CARBOHYDRATES: 592  
CALORIES FROM FAT: 302  
GOAL: 30% OR LESS FAT CALORIES

## FRUIT Avocado



Avocados are typically used like a vegetable, but they're really a fruit. Unlike most fruits, avocados are high in fat – but it's mostly the good fat (monounsaturated) that has been shown to actually lower cholesterol.

## OF THE MONTH

## Available Daily!

**Breakfast is served in the classroom.**

**Lunch  
Soup, Salad Bar and  
Sandwiches are available  
daily.**