

Happy  
Earth  
Day  
To  
You!



April 22 is  
the 40th  
Anniversary  
of the first  
Earth Day



**NUTRITION TO GO**

Moderation and variety are the keys to healthy eating habits. A burger, taco, or piece of pizza may contain more than 30% calories from fat. But when paired with lowfat chocolate milk, a piece of fruit, and carrot sticks with lowfat dip, the entire meal can be quite healthy.

**A TASTY MORSEL FOR PARENTS**

Cape Viking Galley  
Available Daily

SPECIALLY MADE TO ORDER SANDWICHES AND WRAPS

PROTEINS AVAILABLE:  
TUNA, HAM TURKEY  
ITALIAN, CHEESE PEANUT BUTTER  
BOLOGNA, EGG SALAD  
CHICKEN SALAD

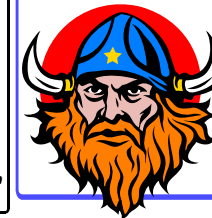
BREADS AVAILABLE:  
SUB ROLL, KAISER ROLL  
SLICED BREAD, BAGELS & WRAPS

ALSO AVAILABLE:  
YOGURT, CHEF  
SALAD, PIZZA &  
SOUP OF THE DAY

CHOICE OF MILK SERVED  
WITH ALL COMPLETE  
MEALS

SKIM MILK  
2% LOW FAT WHITE  
FAT FREE CHOCOLATE

BREAKFAST: BAGELS,  
GRAHAM CRACKERS,  
CEREAL, CEREAL BAR  
FRUIT JUICE & FRUIT



**Monday, April 19**

**Breakfast**

Assorted Cereal  
or Yogurt

**Lunch**

Chicken Tenders  
~ Warm Roll

**Choice of Two**

Tots  
Winter Mix, Fruit Mix  
Fruit Juice  
*Soup of the Day:*  
Cream of Broccoli

**Tuesday, April 20**

**Breakfast**

Sausage Pancake on Stick  
or Yogurt

**Lunch**

Meatballs on Roll

**Choice of Two**

Tasty Glazed Carrots  
Scalloped Potatoes  
Chilled Pears, Juice  
*Soup of the Day:*  
Chicken Vegetable

**Wed., April 21**

**Breakfast**

Hot Pocket  
or Yogurt

**Lunch**

Chicken Teriyaki Rice  
Bowl

**Choice of Two**

Broccoli, Peaches  
Fruit Juice  
*Soup of the Day:*  
Vegetable

**Thursday, April 22**

Earth Day!

**Breakfast**

Scrambled Eggs & Biscuit  
or Yogurt

**Lunch**

Hot Ham & Cheese  
on Pretzel Bun  
Mighty Rib on Bun

**Choice of Two**

Fries, Green Beans  
Applesauce, Fruit Juice  
*\*Bonus: H-Birthday Cake!*  
*Soup of the Day: Minestrone*

**Friday, April 23**

**Breakfast**

Pancakes  
or Yogurt

**Lunch**

Salisbury Steak  
Cheeseburger on Bun

**Choice of Two**

Whipped Potatoes ~ Gravy  
Peas & Carrots  
Fresh Fruit, Juice  
*Soup of the Day: Chef's Choice*

**Monday, April 26**

**Breakfast**

Assorted Cereal  
or Yogurt

**Lunch**

Cheeseburger on Bun

**Choice of Two**

Potato Wedge  
Lettuce & Tomato  
Fruit Mix, Juice  
*Soup of the Day:*  
Peas-n- Dumplings

**Tuesday, April 27**

**Breakfast**

Breakfast Pizza  
or Yogurt

**Lunch**

Pizza Dippers  
w/wo Marinara Sauce

**Choice of Two**

Broccoli Salad  
Baked Apples  
Fruit Juice  
*Soup of the Day:*  
Cream of Broccoli

**Wed., April 28**

**Breakfast**

Sausage Pancake on Stick  
or Yogurt

**Lunch**

Chicken Cheese Steak  
on Bun

**Choice of Two**

Onion Rings, Lettuce &  
Tomato, Frozen Peach Cup  
Fruit Juice  
*Soup of the Day:*  
Vegetable Beef

**Thursday, April 29**

**Breakfast**

Egg & Cheese Biscuit  
or Yogurt

**Lunch**

Oven Baked Fish on a  
Bun

**Choice of Two**

Mac-n-Cheese, Stewed  
Tomatoes, Pears, Juice  
*Soup of the Day:*  
Chef's Choice

**Friday, April 30**

**Breakfast**

Breakfast Bagel  
or Yogurt

**Lunch**

Toasted Cheese

**Choice of Two**

Tomato Soup  
Apple Slices  
Pears, Fruit Juice  
*\*Bonus: Sun Chips!*  
*Soup of the Day: Tomato*



**BREAK  
AN EGG.**

Hey, why do you think it's called BREAKfast? A breakfast sandwich of an egg, a slice of lean ham, and a piece of cheese on a whole-wheat English muffin, with an orange and lowfat milk, provides a delicious variety of foods, and only about 550 calories. Keeps you feeling full, too. Enjoy!

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