



YOU'RE GETTING WARM.

One of the best
ways to avoid
getting hurt playing a sport, in
gym class, and even
on the playground is to stretch out a little
first and start off slowly
before you go all out.



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



Monday, April I

Breakfast

Berry French Toast Minis Sausage Patty-Pineapple

<u>Lunch</u>

Soft Taco
Lettuce & Tomato
Broccoli-Buttered Noodles
Mixed Berries
Chocolate Chip Cookie

Alternate Entrees

Hamburger w/wo Bun Chicken Patty w/wo Bun PBJ, Chef or Tuna Salad

Tuesday, April 2

Breakfast

Ham & Cheese Bagel Mandarin Oranges

Lunch

Chicken Tenders Seasoned Green Beans Whipped Potatoes Dinner Roll Fresh Apple

Alternate Entrees

Hot Dog w/wo Bun Chicken Patty w/wo Bun PBJ, Chef or Tuna Salad

Wednesday, April 3

Breakfast

Chocolate Croissant Applesauce

Lunch

French Toast Sticks
Sausage Links
Roasted Potatoes
Assorted Fruit Juice
Pineapple Tidbits

Alternate Entrees

Meat Ball Sub w/wo Bun Chicken Patty w/wo Bun PBJ, Chef or Tuna Salad

Thursday, April 4

Breakfast

Sausage Breakfast Pizza Peaches

Lunch

Popcorn Chicken Bites
Oven Fries
Hobo Beans
Chilled Peaches
Rice Krispie Mini Treat

Alternate Entrees

BBQ Rib w/wo Bun Chicken Patty w/wo Bun PBI, Chef or Tuna Salad

Friday, April 5

Breakfast

Breakfast Donut Pears

Lunch

Pizza Sticks
w/wo Dipping Sauce
Tossed Salad
Fresh Baby Carrots
Mixed Berries

Alternate Entrees

Corn Dog Chicken Patty w/wo Bun PBJ, Chef or Tuna Salad

Monday, April 8

Breakfast

Pancake & Sausage Stick Mixed Fruit

Lunch

Italian Panini Sandwich
Lettuce & Tomato
Cheesy Potatoes
Chilled Pears
Scooby Doo Crackers

Alternate Entrees

Hamburger w/wo Bun Chicken Patty w/wo Bun PBJ, Chef or Tuna Salad

Tuesday, April 9

Breakfast

Pop Tart w/wo Hash Browns Mixed Berries

<u>Lunch</u>

Big Daddy Pizza Tossed Salad Black Bean Salsa /w Chips Chilled Applesauce Candy Cookie

Alternate Entrees

Hot Dog w/wo Bun Chicken Patty w/wo Bun PBJ, Chef or Tuna Salad

Wednesday, April 10

Breakfast

Bacon & Cheese Bagel Pineapple

<u>Lunch</u>

Boneless Chicken Wings Baked Potato Steamed Broccoli w/wo Cheese Sauce Fresh Orange Quarters

Alternate Entrees

Meat Ball Sub w/wo Bun Chicken Patty w/wo Bun PBJ, Chef or Tuna Salad

Thursday, April II

Breakfast

Sausage Breakfast Pizza Mandarin Oranges

<u>Lunch</u>

Walking Taco Lettuce & Tomato Tater Tots Corn on the Cob Mixed Fruit

Alternate Entrees

BBQ Rib w/wo Bun Chicken Patty w/wo Bun PBJ, Chef or Tuna Salad

Friday, April 12

Breakfast

Cinnamon Crumb Cake
Applesauce

<u>Lunch</u>

Shrimp Poppers
Tossed Salad
Glazed Carrots
Chilled Pears
Peanut Butter Bar

Alternate Entrees

Corn Dog Chicken Patty w/wo Bun PBJ, Chef or Tuna Salad