



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!

# The shoebill bird of Africa has one of the most appropriate names of any animal on earth! That giant beak is shaped just like a really big shoe! A shoebill will stand still in the water for hours before suddenly plunging its head into the water to catch fish up to a foot and a half long, as well as any other delicacies unlucky enough to wander into a v Bob Owen shoebill's range.

#### Monday, April I

#### **Breakfast**

Berry French Toast Minis Sausage Patty-Pineapple

#### Lunch

Meatball Sub w/wo Cheese Steamed Broccoli Buttered Noodles Mixed Berries Mandarin Oranges Chocolate Chip Cookie

## Alternate Entrees

Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad

## Tuesday, April 2

## **Breakfast**

Ham & Cheese Bagel Mandarin Oranges

#### Lunch

Chicken Tenders Seasoned Green Beans Whipped Potatoes Dinner Roll Fresh Apple Mixed Fruit

## **Alternate Entrees**

Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad

## Wednesday, April 3

#### **Breakfast**

Chocolate Croissant Applesauce

#### Lunch

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

## **Alternate Entrees**

Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad

### Thursday, April 4

#### **Breakfast**

Sausage Breakfast Pizza Peaches

## **Lunch**

Sloppy Tots
Fresh Baby Carrots
Chilled Peaches
Mixed Berries
Rice Krispie Mini Treat

#### **Alternate Entrees**

Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad

### Friday, April 5

#### **Breakfast**

Breakfast Donut Pears

## Lunch

Grilled Cheese Sandwich
Onion Rings
Hobo Beans
Chilled Applesauce
Pineapple Tidbits

#### **Alternate Entrees**

Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad

## Monday, April 8

## **Breakfast**

Pancake & Sausage Stick Mixed Fruit

#### Lunch

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

## Alternate Entrees

Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad

## Tuesday, April 9

## <u>Breakfast</u>

Pop Tart w/wo Hash Browns Mixed Berries

## **Lunch**

Pulled Pork Nachos Lettuce & Tomato Fresh Veggie Cup Diced Peaches Chilled Applesauce Candy Cookie

## Alternate Entrees

Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad

## Wednesday, April 10

## **Breakfast**

Bacon & Cheese Bagel Pineapple

## **Lunch**

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

## **Alternate Entrees**

Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad

## Thursday, April II

## <u>Breakfast</u>

Sausage Breakfast Pizza Mandarin Oranges

## <u>Lunch</u>

Walking Taco
Lettuce & Tomato
Tater Tots
Corn on the Cob
Diced Peaches
Mixed Berries

## **Alternate Entrees**

Chicken Filet w/wo Bun Pizza, PBJ or Chef Salad

#### Friday, April 12

## <u>Breakfast</u>

Cinnamon Crumb Cake Applesauce

## <u>Lunch</u>

Shrimp Poppers
Tossed Salad
Glazed Carrots
Chilled Pears
Pineapple Tidbits
Peanut Butter Bar

## **Alternate Entrees**

Chicken Filet w/wo Bun Pizza, PB| or Chef Salad