

Monday, April 3

**Breakfast**

Breakfast Choices  
Fruit, Juice, Milk

**Dippity-DO Day Lunch**

Corn Dog Pups w mustard

**Choose 1 from:**

Apples/Caramel Dip, Juice

**Choose 1-2 from:**

Potato Rounds/ketchup,  
Baby Carrots/Hummus

**AfterSchool Snack**

Grab and Go Choices

Tuesday, April 4

**Breakfast**

Breakfast Choices  
Fruit, Juice, Milk

**Lunch**

Pizza

**Choose 1 from:**

Assorted Fruit, Juice

**Choose 1-2 from:**

Steamed Broccoli,  
Assorted Veggies,  
Leafy Green Salad

**AfterSchool Snack**

Grab and Go Choices

Wednesday, April 5

**Breakfast**

Breakfast Choices  
Fruit, Juice, Milk

**Lunch**

Popcorn Chicken  
WW Roll

**Choose 1 from:**

Assorted Fruit, OJ

**Choose 1-2 from:**

Corn, Baked Beans,  
Assorted Veggies, Leafy  
Green Salad

**AfterSchool Snack**

Grab and Go Choices

Thursday, April 6

**Breakfast**

Breakfast Choices  
Fruit, Juice, Milk

**Brunch for Lunch**

Egg and Cheese Omelet  
Fresh Baked Cinnamon Roll

**Choose 1 from:**

Fruit, Cooked Apples

**Choose 1-2 from:**

Emoji Smile Fries,  
Assorted Veggies, Leafy  
Green Salad

**AfterSchool Snack**

Grab and Go Choices

Friday, April 7

**Breakfast**

Breakfast Choices  
Fruit, Juice, Milk

**Lunch**

Meatball Sub  
Baked Chips

**Choose 1 from:**

Assorted Fruit, Sorbet

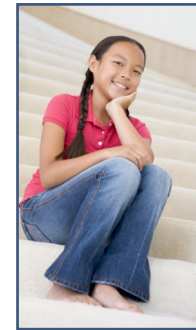
**Choose 1-2 from:**

Green Beans, Assorted  
Veggies, Leafy Green Salad

**AfterSchool Snack**

Grab and Go Choices

# STAIRWAY TO HEALTH.



Wellness is determined by dozens of small choices we all make every day. For example, take the stairs – no, really, TAKE THE STAIRS! It's estimated that stair-climbing for just 2 minutes a day (6-8 flights) will burn enough calories to prevent annual weight gain for the average American.

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

Monday, April 10

**Breakfast**

Breakfast Choices  
Fruit, Juice, Milk

**Lunch**

Grilled Chicken Sandwich

**Choose 1 from:**

Fruit, Cooked Apples

**Choose 1-2 from:**

Waffle Fries, Baked  
Beans, Assorted Veggies,  
Leafy Green Salad

**AfterSchool Snack**

Grab and Go Choices

Tuesday, April 11

**Breakfast**

Breakfast Choices  
Fruit, Juice, Milk

**Lunch**

Hot Dog on Bun,  
trimmings

**Choose 1 from:**

Assorted Fruit, OJ

**Choose 1-2 from:**

Corn,  
Assorted Veggies, Leafy  
Green Salad

**AfterSchool Snack**

Grab and Go Choices

Wednesday, April 12

**Breakfast**

Breakfast Choices  
Fruit, Juice, Milk

**Lunch**

Pizza

**Choose 1 from:**

Assorted Fruit, Juice

**Choose 1-2 from:**

Steamed Broccoli,  
Assorted Veggies,  
Leafy Green Salad

**AfterSchool Snack**

Grab and Go Choices

Thursday, April 13

**Breakfast**

Breakfast Choices  
Fruit, Juice, Milk

**Lunch**

Popcorn Chicken  
WW Roll

**Choose 1 from:**

Assorted Fruit, Juice

**Choose 1-2 from:**

Glazed Carrots, Assorted  
Veggies, Leafy Green Salad

**AfterSchool Snack**

Grab and Go Choices

Friday, April 14



## Make MyTray Healthy!

All School Meal Customers Must Choose:

**1 Juicy Fruit OR**

**1 Colorful Vegetable**

**& 2-4 Additional Different Food Group Choices**

Monday, April 17



Tuesday, April 18

**Breakfast**

Breakfast Choices  
Fruit, Juice, Milk

**Spring Lunch**

Pot Roast, Gravy, Biscuit  
Spring Cake/Jelly Beans

**Choose 1 from:**

Assorted Fruit, OJ

**Choose 1-2 from:**

Carrots/Potatoes,  
Assorted Veggies, Leafy  
Green Salad

**AfterSchool Snack**

Banana Bread, Milk

Wednesday, April 19

**Breakfast**

Breakfast Choices  
Fruit, Juice, Milk

**Lunch**

Chicken and Waffles  
Syrup

**Choose 1 from:**

Assorted Fruit, Juice

**Choose 1-2 from:**

Sweet Potato Fries,  
Assorted Veggies, Leafy  
Green Salad

**AfterSchool Snack**

Grab and Go Choices

Thursday, April 20

**Breakfast**

Breakfast Choices  
Fruit, Juice, Milk

**Lunch**

Pizza

**Choose 1 from:**

Assorted Fruit, OJ

**Choose 1-2 from:**

Steamed Broccoli,  
Assorted Veggies, Leafy  
Green Salad

**AfterSchool Snack**

Grab and Go Choices

Friday, April 21

**Breakfast**

Breakfast Choices  
Fruit, Juice, Milk

**NASCAR Lunch**

Pork BBQ on Bun OR  
Turkey Burger

STOP LIGHT JELLO

**Choose 1 from:**

Fruit, Cooked Apples

**Choose 1-2 from:**

Slaw, Baked Beans,  
Potato Rounds, Assorted  
Veggies, Leafy Green Salad

**AfterSchool Snack**

Grab and Go Choices



**NASCAR LUNCH:  
EAT SCHOOL LUNCH  
FRIDAY, APRIL 21  
...AND EVERY DAY!**

**REV YOUR ENGINE—  
FUEL YOUR BODY WITH  
HEALTHY CHOICES.**