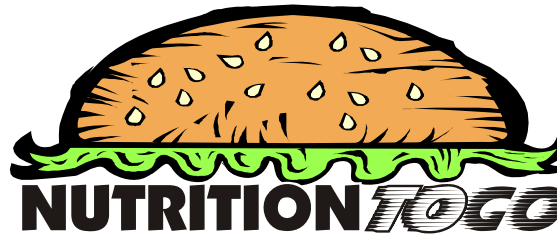


Happy
Earth
Day
To
You!



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

Available Daily

Breakfast: Graham Crackers, Toast, Fruit, & Fruit Juice

Lunch: Chef's Salad ~ Crackers
Yogurt ~ Crackers

**Peanut Butter & Jelly Sandwich
Tuna Sandwich**

**Ham & Cheese Sandwich
(Includes Two Sides + Milk!)**

Monday, April 19

Breakfast

Assorted Cereal
or Yogurt

Lunch

Chicken Tenders
~ Warm Roll

Choice of Two

Tater 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
Mighty Rib on Bun

Choice of Two

Broccoli, Apple Crisp,
Fruit Juice

Soup of the Day:
Vegetable

Thursday, April 22

Earth Day!

Breakfast

Scrambled Eggs & Biscuit
or Yogurt

Lunch

Turkey Sub
Ham Sub

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

Pizza Choice

Choice of Two

Tossed Salad w/Lite Dressing
Fruit Sherbet Cup, Juice

Soup of the Day:
Chef's Choice



**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!**

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
Mandarin Oranges
Fruit Juice

Soup of the Day:
Cream of Broccoli

Wed., April 28

Breakfast

Sausage Pancake on Stick
or Yogurt

Lunch

Chicken Poppers
~ Warm Roll

Choice of Two

Sweet Potatoes
California Blend, 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
Shrimp Poppers

Choice of Two

Mac-n-Cheese
Stewed Tomatoes
Applesauce, Juice

Soup of the Day:
Chef's Choice

Friday, April 30

Breakfast

Breakfast Bagel
or Yogurt

Lunch

Toasted Cheese

Choice of Two

Tomato Soup
Baby Carrots w/Dip
Pears, Fruit Juice

**Bonus: Sun Chips!
Soup of the Day: Tomato*



PARENTS:

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and peace of mind, you
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