



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 Bob Owen shoebill's range.

Monday, April I

Hanna Buffet

Cheese Dunkers & Marinara Sauce

Deli Rail

Ham & Cheese on a Pretzel Roll or Select Sandwiches and Salads

Served with Choice of Waffle Fries, Vegetable, Fresh Fruit and Assorted Milk

Tuesday, April 2

Hanna Buffet

Rodeo Burger

Deli Rail

Chicken Patty or Select Sandwiches and Salads

Served with Choice of Spiral Fries, Vegetable, Fresh Fruit and Assorted Milk

Wednesday, April 3

Hanna Buffet

Popcorn Chicken w/ Mashed Potatoes & Corn

Deli Rail

Turkey Croissant or Select Sandwiches and Salads

Served with Choice of Cubed Potatoes, Vegetable, Fresh Fruit and Assorted Milk

Thursday, April 4

Hanna Buffet

Taco Pierogie served with a Tea Roll

Deli Rail

Chicken Sticks & Tea Roll or Select Sandwiches and Salads

Served with Choice of Potato Wedges, Vegetable, Fresh Fruit and Assorted Milk

Friday, April 5

Hanna Buffet

French Bread Pizza with or without Pepperoni

<u>Deli Rail</u>

Buffalo Chicken Steak or Select Sandwiches and Salads

Served with Choice of Potato Rounds, Vegetable, Fresh Fruit and Assorted Milk

Monday, April 8

Hanna Buffet

Spicy Popcorn Chicken w/ Macaroni & Cheese

Deli Rail

Pizza Burger or Select Sandwiches and Salads

Served with Choice of Thin Fries, Vegetable, Fresh Fruit and Assorted Milk

Tuesday, April 9

Hanna Buffet

Taco Day (Hard or Soft Shell)

Deli Rail

Pizzeria Pizza or Select Sandwiches and Salads

Served with Choice of Vegetable, Fresh Fruit and Assorted Milk

Wednesday, April 10

Hanna Buffet

Chicken Parmesan w/ Spaghetti

<u>Deli Rail</u>

Cheese Burger or Select Sandwiches and Salads

Served with Choice of Seasoned Potatoes, Vegetable, Fresh Fruit and Assorted Milk

Thursday, April II

Hanna Buffet

Bosco Sticks w/ Marinara Sauce

Deli Rail

Spicy Chicken Sandwich or Select Sandwiches and Salads

Served with Choice of Tater Tots, Vegetable, Fresh Fruit and Assorted Milk

Friday, April 12

Hanna Buffet

Corn Dog Nuggets

Deli Rail

Meatball Sub or Select Sandwiches and Salads

Served with Choice of Potato Wedges, Vegetable, Fresh Fruit and Assorted Milk