



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

Chicken Nuggets & Tea Roll

Alternative Entrée Peanut Butter & Jelly Uncrustable

Served with:
Tater Tots,
Veggie Pick-Up with Dip,
Chef's Choice Fruit &
Assorted Milk

Tuesday, April 2

Stuffed Crust Pizza with or without Pepperoni

Alternative Entrée
Peanut Butter & Jelly
Uncrustable

Served with:
Baby Carrots,
100% Fruit Juice &
Assorted Milk

Wednesday, April 3

Hot Diggity Dog

Alternative Entrée
Peanut Butter & Jelly
Uncrustable

Served with:
Baked Beans,
Steamed Broccoli,
Orange Smiles &
Assorted Milk

Thursday, April 4

Chicken Patty Sandwich

Alternative Entrée Peanut Butter & Jelly Uncrustable

Served with:
Seasoned Potatoes,
100% Fruit Juice &
Assorted Milk

Friday, April 5

Pepperoni Bosco Sticks w/Marinara Sauce

Alternative Entrée Peanut Butter & Jelly Uncrustable

Served with:
Peas & Carrots,
Apple Slices &
Assorted Milk

Monday, April 8

Meatball Sub

Alternative Entrée Chicken Patty

Served with Choice of:
Potato Wedges,
Steamed Broccoli,
Orange Smiles &
Assorted Milk

Tuesday, April 9

Breakfast for Lunch

Alternative Entrée Chicken Patty

Served with Choice of: Tri-Taters, Veggie Pick-Up with Dip, 100% Fruit Juice & Assorted Milk

Wednesday, April 10

Taco Nachos

Alternative Entrée Chicken Patty

Served with Choice of: Fiesta Fixins, Chilled Peaches & Assorted Milk

Thursday, April II

American Cheese Meat & Cheese Sub

Alternative Entrée Chicken Patty

Served with Choice of: Baked Beans, 100% Fruit Juice & Assorted Milk

Friday, April 12

Pizzeria Pizza with or without Pepperoni

Alternative Entrée Chicken Patty

Served with Choice of:
Baby Carrots,
Applesauce &
Assorted Milk