

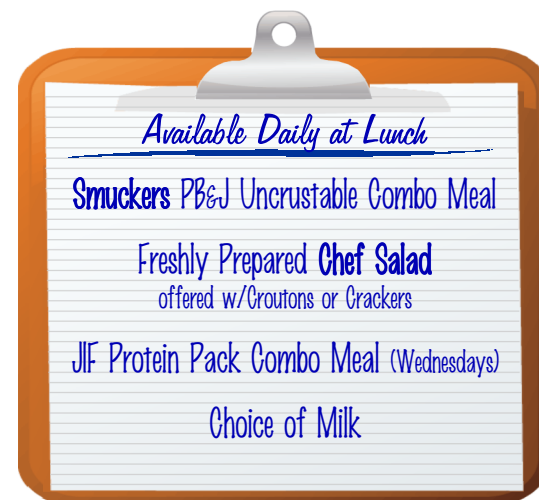


This institution is an equal opportunity provider. Menus are subject to change.



Since April 1 falls on a weekend this year, Congress passed a law declaring that "all pranks, practical jokes, tricks, and

other April Fool's mischief shall, by law, be perpetrated on Monday, April 3 instead." Please plan accordingly. (And, oh yeah, April Fool's.)



Smuckers PB&J Uncrustable Combo Meal

Freshly Prepared Chef Salad
offered w/Croutons or Crackers

JIF Protein Pack Combo Meal (Wednesdays)

Choice of Milk

Weekly Breakfast Menus

April 3-7 & 24-28

Monday: Breakfast Chicken Slider
Tuesday: Cereal & String Cheese
Wed: Kellogg's WG Mini Pancakes
Thursday: Cereal & Elf Grahams
Fri: Yogurt & Goldfish Grahams

April 17-21

Monday: Cereal & String Cheese
Tuesday: WG Muffin & Yogurt
Wed: Pillsbury WG Mini Cinnis
Thursday: Pancake & Sausage Bites
Friday: Cereal & Elf Grahams

Breakfast includes: Milk,
Fruit Juice & 1 Serving of Fruit

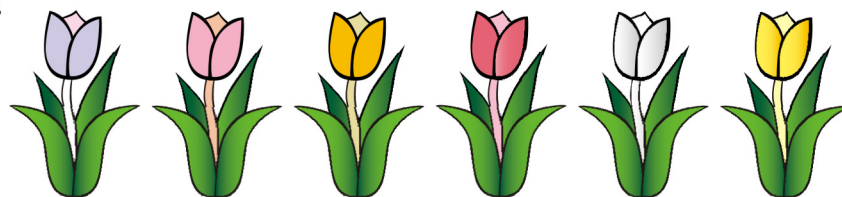
Monday, April 3	Tuesday, April 4	Wednesday, April 5	Thursday, April 6	Friday, April 7
Lunch Entrées (Choose 1) Toasted Cheese Sandwich 100% Beef Patty on WG Bun <small>Prepared with or without American Cheese</small>	Lunch Entrées (Choose 1) Pizza Dippers w/Pizza Dipping Sauce Pork BBQ Flatbread Sandwich	Lunch Entrées (Choose 1) Breakfast for Lunch Ham, Egg & Cheese English Muffin	Lunch Entrées (Choose 1) Spaghetti & Meatballs w/breadstick Breaded Chicken Patty on WG Bun	Lunch Entrées (Choose 1) Pizza Slice w/Selection of Toppings Fun Fish Nuggets w/Corn Muffin
Lunch Sides (All Included) Tomato Soup Potato Wedges Lettuce & Sliced Tomato Applesauce	Lunch Sides (All Included) Romaine Garden Salad Southern Baked Beans Sweet Strawberry Cup Fresh Orange Wedges	Lunch Sides (All Included) Seasoned Diced Potatoes "Sunset Sip" V-blend Juice Cinnamon Baked Apples	Lunch Sides (All Included) Fresh Made Broccoli Salad California Vegetable Medley Diced Freestone Peaches	Lunch Sides (All Included) Crunchy Baby Carrots Crinkle Cut Oven Fries Chilled Mixed Fruit

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.

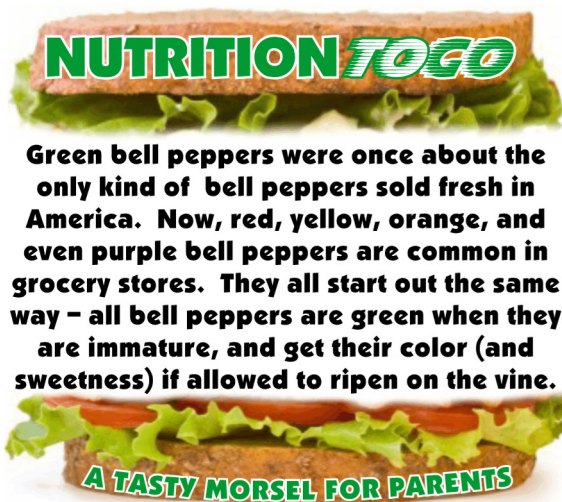
SPRING BREAK



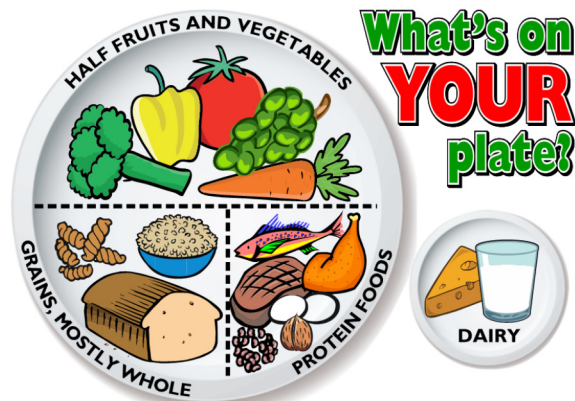
Break begins at the end of classes:
Friday, April 7

Classes resume:
Monday, April 17

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



Green bell peppers were once about the only kind of bell peppers sold fresh in America. Now, red, yellow, orange, and even purple bell peppers are common in grocery stores. They all start out the same way – all bell peppers are green when they are immature, and get their color (and sweetness) if allowed to ripen on the vine.



Answer: Iceberg lettuce! Actually, iceberg lettuce is also the least nutritious of a very nutritious family of vegetables. Try other kinds of greens in salads and on sandwiches for more flavor and greater nutritional value!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

WONDERS OF THE WORLD

HAWAII VOLCANOES NATIONAL PARK

photo: aloha-hawaii.com



Mauna Loa and Kilauea volcanoes in Hawaii are known for heat – especially for Kilauea's spectacular lava flows into the Blue Pacific. But Mauna Loa also rises nearly 14,000 feet above its ocean shore, high enough to get some snow every year, and sometimes a lot of snow. Last December, several feet fell on the highest mountains in Hawaii, and just last month in March there was a blizzard warning! This snowboarder is getting some air within sight of the world's largest astronomical observatory atop Mauna Kea, a dormant volcano and the tallest of the Hawaiian mountains.

Monday, April 17 Lunch Entrées (Choose 1) Corn Dog Nuggets Cheesy Beef Nachos Served with Salsa & Sour Cream Lunch Sides (All Included) Lima Beans Golden Sweet Corn Sweet Strawberry Cup	Tuesday, April 18 Lunch Entrées (Choose 1) Breaded Pork Steak on WG Bun Italian Meatball Sub Lunch Sides (All Included) Crunchy Baby Carrots Steamed Broccoli Cry Baby Sour Cherry Frozen Fruit Cup	Wednesday, April 19 Lunch Entrées (Choose 1) Baked Chicken w/Corn Muffin Shrimp Poppers w/Corn Muffin Lunch Sides (All Included) Green Beans Quick Baked Potato Chilled Mixed Fruit	Thursday, April 20 Lunch Entrées (Choose 1) 100% Beef Patty on WG Bun Prepared with or without American Cheese School Made Mac & Cheese Lunch Sides (All Included) Creamy Cole Slaw Seasoned Pinto Beans Fresh Apple Slices	Friday, April 21 Lunch Entrées (Choose 1) Pizza Crunchers Turkey & Cheese Deli Wrap Lunch Sides (All Included) Romaine Garden Salad Crispy Tater Coins Diced Freestone Peaches
Monday, April 24 Lunch Entrées (Choose 1) Chicken Nuggets w/Pretzel Bites 100% Beef Patty on WG Bun Prepared with or without American Cheese Lunch Sides (All Included) Southern Baked Beans Potato Wedges Lettuce & Sliced Tomato Applesauce	Tuesday, April 25 Lunch Entrées (Choose 1) Pizza Dippers w/Pizza Dipping Sauce Pork BBQ Flatbread Sandwich Lunch Sides (All Included) Romaine Garden Salad California Vegetable Medley Sweet Strawberry Cup Fresh Orange Wedges	Wednesday, April 26 Lunch Entrées (Choose 1) Breakfast for Lunch Ham, Egg & Cheese English Muffin Lunch Sides (All Included) Seasoned Diced Potatoes "Sunset Sip" V-blend Juice Cinnamon Baked Apples	Thursday, April 27 Lunch Entrées (Choose 1) Spaghetti & Meatballs w/breadstick Breaded Chicken Patty on WG Bun Lunch Sides (All Included) Fresh Made Broccoli Salad Steamed Sweet Green Peas Diced Freestone Peaches	Friday, April 28 Lunch Entrées (Choose 1) Pizza Slice w/Selection of Toppings Fun Fish Nuggets w/Corn Muffin Lunch Sides (All Included) Crunchy Baby Carrots Crinkle Cut Oven Fries Chilled Mixed Fruit