

Menus  
for  
April  
2017



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

## Available Daily!

Pizzeria Style Pizza

Grilled Chicken Breast Sandwich

Spicy Chicken Breast Sandwich

Breaded Chicken Breast Sandwich

Entrée Salad

Cold Deli Sandwich

**Included with Lunch**

Lunch Entrée

2 Servings of Fruit

2 Servings of Vegetables

8 oz Milk



## Featured Specials of the Day

### Monday, April 3

STEAK & CHEESE SUB w/AU JUS DIPPING SAUCE  
PIZZA DIPPERS w/MARINARA SAUCE  
B-Y-O NACHOS OR TACO SALAD BOWL

### Tuesday, April 4

DOUBLE DOGS ON WG BUNS  
SPAGHETTI & MEATBALLS w?GARLIC BREAD STICK  
B-Y-O POTATO BAR w/WG BISCUIT

### Wednesday, April 5

BACON CHEESEBURGER ON WG BUN  
FISH & SHRIMP PLATE w/CORN MUFFIN  
B-Y-O NACHOS OR TACO SALAD BOWL

### Thursday, April 6

HOT CUBAN PORK SANDWICH  
CHICKEN FAJITA w/MEXICAN RICE  
B-Y-O POTATO BAR w/DINNER ROLL

### Friday, April 7

POTATO CRUSTED FISH FILLET ON WG BUN  
SZECHWAN CHICKEN w/RICE  
B-Y-O NACHOS OR TACO SALAD BOWL

## Weekly Grab 'n Go Menus

### Monday

CHEF SALAD w/CROUTONS & CRACKERS  
ALL AMERICAN CLUB SUB w/FRESH FRUIT OR VEGGIE  
SMUCKER'S PBJ UNCRUSTABLE & CHEESE STICK w/SOFT PRETZEL BITES

### Tuesday

SOUTHWEST CHICKEN SALAD w/TORTILLA CHIPS  
SOUTHWEST CHICKEN CIABATTA w/FRESH FRUIT OR VEGGIE  
HUMMUS & PASTA PROTEIN PACK w/PITA POINTS

### Wednesday

ASIAN CHICKEN SALAD w/PITA POINTS  
ITALIAN DELI SUB w/FRESH FRUIT OR VEGGIE  
FRUIT & YOGURT PARFAIT w/GRANOLA & FRESH FRUIT

### Thursday

SHAKE UP CHOPPED SALAD w/SOFT PRETZEL BITES  
SMOKED TURKEY & SWISS CROISSANT w/FRESH FRUIT OR VEGGIE  
HUMMUS & FRUIT PROTEIN PACK w/PITA POINTS

### Friday

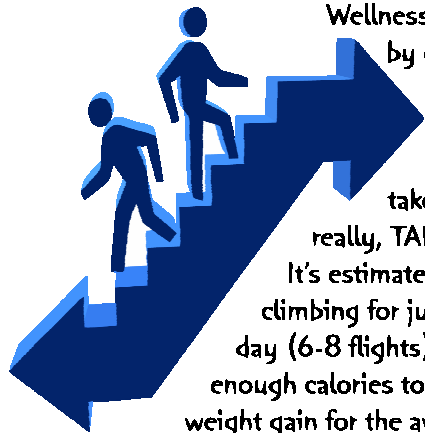
BUFFALO CHICKEN SALAD w/SOFT PRETZEL BITES  
MANAGER'S CHOICE DELI SANDWICH w/FRESH FRUIT OR VEGGIE  
GREEK YOGURT & JIF PEANUT BUTTER PROTEIN PACK w/PRETZEL BITES

# SPRING BREAK

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

Classes resume:  
**Monday,  
April 17**

# 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!**

## Featured Specials of the Day

### Monday, April 17

BACON CHEESEBURGER ON WG BUN  
 BREADED PORK STEAK W/BISCUIT  
 B-Y-O NACHOS OR TACO SALAD BOWL

### Tuesday, April 18

MEATBALL & MOZZARELLA SUB  
 HONEY BBQ PORK RIBS ON WG BUN  
 B-Y-O POTATO BAR W/WG BISCUIT

### Wednesday, April 19

CHICKEN WAFFLE SANDWICH W/MAPLE MAYO  
 ASIAN CHICKEN & VEG EGG ROLL W/RICE  
 B-Y-O NACHOS OR TACO SALAD BOWL

### Thursday, April 20

HOT HAM & CHEESE PANINI  
 CREAMY MACARONI & CHEESE W/CORN MUFFIN  
 B-Y-O POTATO BAR W/DINNER ROLL

### Friday, April 21

CAROLINA PORK BBQ ON WG BUN  
 CHICKEN FAJITA W/MEXICAN RICE  
 B-Y-O NACHOS OR TACO SALAD BOWL

## Featured Specials of the Day

### Monday, April 24

STEAK & CHEESE SUB W/AU JUS DIPPING SAUCE  
 PIZZA DIPPERS W/MARINARA SAUCE  
 B-Y-O NACHOS OR TACO SALAD BOWL

### Tuesday, April 25

DOUBLE DOGS ON WG BUNS  
 SPAGHETTI & MEATBALLS W?GARLIC BREAD STICK  
 B-Y-O POTATO BAR W/WG BISCUIT

### Wednesday, April 26

BACON CHEESEBURGER ON WG BUN  
 FISH & SHRIMP PLATE W/CORN MUFFIN  
 B-Y-O NACHOS OR TACO SALAD BOWL

### Thursday, April 27

HOT CUBAN PORK SANDWICH  
 CHICKEN FAJITA W/MEXICAN RICE  
 B-Y-O POTATO BAR W/DINNER ROLL

### Friday, April 28

POTATO CRUSTED FISH FILLET ON WG BUN  
 SZECHWAN CHICKEN W/RICE  
 B-Y-O NACHOS OR TACO SALAD BOWL

## ★ OUR NATION'S HISTORY ★

**T**his is the Dome of the United States Capitol building in Washington, D.C. The part of the building just under the Statue of Freedom near the top is what architects call the "tholos," and if the light in the Capitol's tholos is lit at night, that means that one or both of the U.S. Senate and the House of Representatives are in session. This tradition is believed to have begun in the 1800's when many members of Congress lived in area boarding houses and they know when to convene!

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# ◆ WONDERS OF THE WORLD ◆

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.



# ◆ HAWAII VOLCANOES NATIONAL PARK ◆