



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.)



## 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

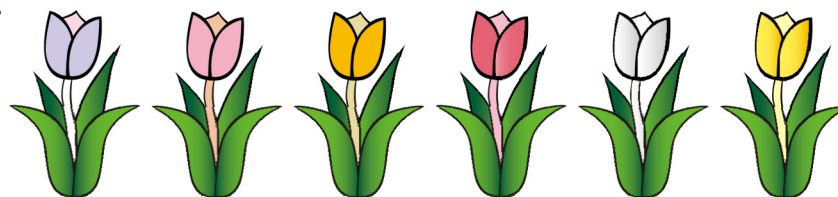
Breakfast includes: Milk,  
 Fruit Juice & 1 Serving of Fruit

| Monday, April 3   | Tuesday, April 4   | Wednesday, April 5   | Thursday, April 6   | Friday, April 7  |
|---|--|--|---|--|
| <b><u>Lunch Entrée</u></b><br>Toasted Cheese Sandwich<br><br><b><u>Lunch Sides</u></b><br>(All Included)<br>Campbell's Tomato Soup<br>Crispy Tater Coins<br>Applesauce<br><br>1% or Fat Free Milk | <b><u>Lunch Entrée</u></b><br>Pork BBQ Flatbread Sandwich<br><br><b><u>Lunch Sides</u></b><br>(All Included)<br>Southern Style Baked Beans<br>Romaine Garden Salad<br>Diced Pears<br><br>1% or Fat Free Milk | <b><u>Lunch Entrée</u></b><br>Breakfast for Lunch<br><br><b><u>Lunch Sides</u></b><br>(All Included)<br>Crispy Tater Coins<br><b>"Sunset Sip" V-blend</b> Juice<br>Fresh Whole Banana<br><br>1% or Fat Free Milk | <b><u>Lunch Entrée</u></b><br>Spaghetti & Meatballs w/Bread Stick<br><br><b><u>Lunch Sides</u></b><br>(All Included)<br>Green Beans<br>Romaine Garden Salad<br>Diced Peaches<br><br>1% or Fat Free Milk | <b><u>Lunch Entrée</u></b><br>Pizza Slice<br><br><b><u>Lunch Sides</u></b><br>(All Included)<br>Steamed Carrots<br>Crinkle Cut Oven Fries<br>Applesauce<br><br>1% or Fat Free Milk |

## STAIRWAY TO HEALTH. SPRING BREAK



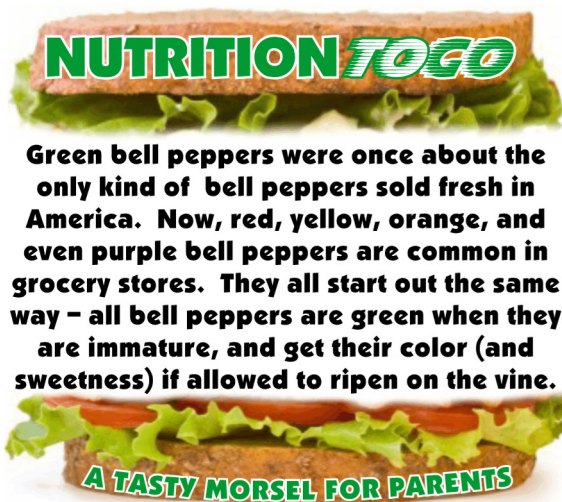
Wellness is determined by dozens of small choices we all make every day. For example, take the stairs – no, really, TAKE THE STAIRS! It's estimated that stair-climbing for just 2 minutes a day (6-8 flights) will burn enough calories to prevent annual weight gain for the average American.



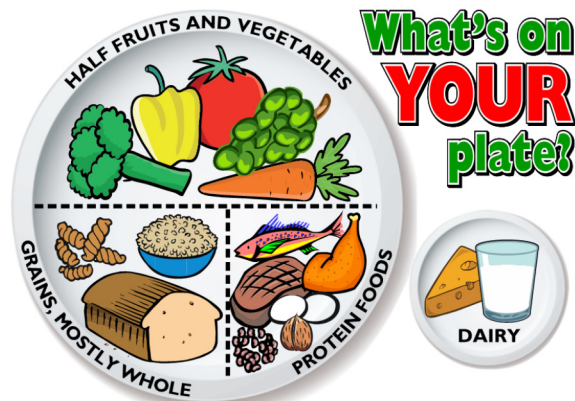
**Break begins at the end of classes:  
 Friday, April 7**

**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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

# WONDERS OF THE WORLD

## HAWAII VOLCANOES NATIONAL PARK

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.



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|---|--|--|---|---|
| <b>Monday, April 17</b><br><br><b>Lunch Entrée</b><br>Corn Dog Nuggets<br><br><b>Lunch Sides</b><br>(All Included)<br>Steamed Carrots<br>Romaine Garden Salad<br>Diced Pears<br><br>1% or Fat Free Milk                                   | <b>Tuesday, April 18</b><br><br><b>Lunch Entrée</b><br>Breaded Pork Steak <small>on Bun</small><br><br><b>Lunch Sides</b><br>(All Included)<br>Seasoned Pinto Beans<br>Sweet Potatoes<br>Fresh Whole Banana<br><br>1% or Fat Free Milk | <b>Wednesday, April 19</b><br><br><b>Lunch Entrée</b><br>Baked Chicken <small>w/Corn Muffin</small><br><br><b>Lunch Sides</b><br>(All Included)<br>Green Beans<br>Mashed Potatoes<br>Mixed Fruit<br><br>1% or Fat Free Milk          | <b>Thursday, April 20</b><br><br><b>Lunch Entrée</b><br>Mac & Cheese <small>w/Bread Stick</small><br><br><b>Lunch Sides</b><br>(All Included)<br><b>V-blend</b> Juice<br>Romaine Garden Salad<br>Applesauce<br><br>1% or Fat Free Milk    | <b>Friday, April 21</b><br><br><b>Lunch Entrée</b><br>Pizza Crunchers<br><br><b>Lunch Sides</b><br>(All Included)<br>Campbell's Tomato Soup<br>Crispy Tater Coins<br>Diced Peaches<br><br>1% or Fat Free Milk |
| <b>Monday, April 24</b><br><br><b>Lunch Entrée</b><br>Chicken Nuggets <small>w/Corn Muffin</small><br><br><b>Lunch Sides</b><br>(All Included)<br>Southern Baked Beans<br>Seasoned Potato Wedges<br>Applesauce<br><br>1% or Fat Free Milk | <b>Tuesday, April 25</b><br><br><b>Lunch Entrée</b><br>Pork BBQ Flatbread Sandwich<br><br><b>Lunch Sides</b><br>(All Included)<br>Sweet Potatoes<br>Romaine Garden Salad<br>Diced Pears<br><br>1% or Fat Free Milk                     | <b>Wednesday, April 26</b><br><br><b>Lunch Entrée</b><br>Breakfast for Lunch<br><br><b>Lunch Sides</b><br>(All Included)<br>Crispy Tater Coins<br><b>"Sunset Sip" V-blend</b> Juice<br>Fresh Whole Banana<br><br>1% or Fat Free Milk | <b>Thursday, April 27</b><br><br><b>Lunch Entrée</b><br>Spaghetti & Meatballs <small>w/Bread Stick</small><br><br><b>Lunch Sides</b><br>(All Included)<br>Green Beans<br>Romaine Garden Salad<br>Diced Peaches<br><br>1% or Fat Free Milk | <b>Friday, April 28</b><br><br><b>Lunch Entrée</b><br>Pizza Slice<br><br><b>Lunch Sides</b><br>(All Included)<br>Steamed Carrots<br>Crinkle Cut Oven Fries<br>Applesauce<br><br>1% or Fat Free Milk           |