

# Secondary Menu

April



## Importance of Staying Fit!

Sometimes watching TV or playing video games sounds a lot more fun than staying active, but see below for the many benefits to physical activity that you can't get staring at a screen.

- Sleep well at night
- Move around more easily
- Have stronger muscles and bones
- Avoid diseases later in life
- Feel better about yourself
- Decrease your chances of becoming depressed



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Homemade Meatloaf or Chicken Fried Steaks with Hot Roll</p> <p>Mashed Potatoes</p> <p>Seasoned Green Beans</p> <p>Fresh Salad w/ Toppings</p> <p>Fruit Cup</p>	<p>2</p> <p>Build Your Own Nachos with Spanish Rice or Pizza</p> <p>Refried Beans</p> <p>Fresh Salad w/ Toppings</p> <p>Homemade Salsa</p> <p>Fruit Cup</p>	<p>3</p> <p>Asian Bowl or Burger</p> <p>Steamed Vegetables</p> <p>Fresh Salad w/ Toppings</p> <p>Fruit Cup</p>	<p>4</p> <p>Chicken Alfredo with Garlic Bread or Pizza</p> <p>Steamed Broccoli</p> <p>Fresh Salad w/ Toppings</p> <p>Fruit Wiggles</p>	<p>5</p> <p>Fish Sandwich or Chicken Strip Basket with Fries or Pizza</p> <p>Fresh Salad w/ Toppings</p> <p>Fresh Fruit</p>
<p>8</p> <p>Chicken Nuggets or Steak Fingers with Hot Roll</p> <p>Mashed Potatoes</p> <p>Seasoned Vegetables</p> <p>Fresh Salad w/ Toppings</p> <p>Fruit Cup</p>	<p>9</p> <p>Build your Own Tacos or Taco Salad or Pizza</p> <p>Spanish Rice</p> <p>Charro Beans</p> <p>Fresh Salad w/ Toppings</p> <p>Homemade Salsa</p> <p>Fruit Cup</p>	<p>10</p> <p>Homemade Pigs in a Blanket or Corn Dog or Burger</p> <p>Seasoned Vegetables</p> <p>Fresh Salad w/ Toppings</p> <p>Fruit Cup</p>	<p>11</p> <p>Spaghetti with Meat Sauce with Garlic Toast or Pizza</p> <p>Seasoned Vegetables</p> <p>Fresh Salad w/ Toppings</p> <p>Banana Sundae</p>	<p>12</p> <p>Cheese Burger or Fish Burger Basket with Baked Fries or Pizza</p> <p>Fresh Salad w/ Toppings</p> <p>Fresh Fruit</p>
<p>15</p> <p>Homemade Salisbury Steaks or Popcorn Chicken with Hot Roll</p> <p>Mashed Potatoes</p> <p>Seasoned Green Beans</p> <p>Fresh Salad w/ Toppings</p> <p>Fruit Cup</p>	<p>16</p> <p>Build Your Own Tacos or Crisпитos with Spanish Rice or Pizza</p> <p>Refried Beans</p> <p>Fresh Salad w/ Toppings</p> <p>Homemade Salsa</p> <p>Fruit Cup</p>	<p>17</p> <p>Chicken &amp; Waffles or Burger</p> <p>Steamed Vegetables</p> <p>Fresh Salad w/ Toppings</p> <p>Fruit Cup</p>	<p>18</p> <p>Spaganza with Garlic Toast or Pizza</p> <p>Seasoned Sweet Corn</p> <p>Fresh Salad w/ Toppings</p> <p>Frosty Fruit</p>	<p>19</p> <p>ENJOY YOUR EASTER!</p>
<p>22</p> <p>ENJOY YOUR EASTER!</p>	<p>23</p> <p>Build Your Own Tacos with Spanish Rice or Pizza</p> <p>Charro Beans</p> <p>Fresh Salad w/ Toppings</p> <p>Homemade Salsa</p> <p>Rainbow Pears</p>	<p>24</p> <p>Asian Bowl or Burger</p> <p>Steamed Vegetables</p> <p>Fresh Salad w/ Toppings</p> <p>Fruit Cup</p>	<p>25</p> <p>Chicken Parmesan w/ Garlic Stick or Pizza</p> <p>Steamed Broccoli</p> <p>Fresh Salad w/ Toppings</p> <p>Berries &amp; Cream</p>	<p>26</p> <p>Sweet &amp; Sassy Chicken Sandwich or Chicken Strip Basket with Fries or Pizza</p> <p>Fresh Salad w/ Toppings</p> <p>Fresh Fruit</p>

Every lunch includes a choice of milk.



Monday	Tuesday	Wednesday	Thursday	Friday
Biscuits & Gravy or Pancakes with Fruit Topping & Whipped Cream	Scrambled Eggs with Bacon & Toast or Ham & Cheese Croissant	Honey Bun with Sausage Link or Muffin & Yogurt	Breakfast Pizza or Chicken Biscuits	Oatmeal with Toast & Bacon or Pig in a Blanket

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

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