

# April

## SECONDARY

Milk and an Uncrustable Grab N' Go will be offered with every meal.

## STAY ACTIVE



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
3 Baked Ziti with Garlic Toast or Pizza Seasoned Vegetables Fresh Salad w/ Toppings Fruit Dessert	4 Street Tacos <i>Chicken Fajitas or Grilled Beef in a Soft Corn Tortilla</i> or Burger Rice and Beans Fresh Salad w/ Toppings Homemade Salsa Fruit Cup	5 Chicken & Waffles or Steak Fingers with Roll or Pizza Mashed Potatoes Seasoned Vegetable Fresh Salad w/ Toppings Fruit Cup	6 Asian Bowl with Fried Rice or Burger Seasoned Vegetables Fresh Salad w/ Toppings Fruit Salad	7 <i>Enjoy Your Day Off!</i>
10 Spaghetti with Meat Sauce and Garlic Toast or Choice of Pizza Seasoned Green Beans Fresh Salad w/ Toppings Fruit Cup	11 Nachos or Burger Refried Beans Spanish Rice Homemade Salsa Fresh Salad w/ Toppings Fresh Apple	12 Country Bowl or Country Bucket with Hot Roll or Pizza Steamed Vegetables Fresh Salad w/ Toppings Fruit Cup	13 Corn Dogs or Croissantwich or Burger Macaroni & Cheese Seasoned Vegetables Fresh Salad w/ Toppings Fruit Cup	14 Chicken Sandwich or Bacon Cheese Burger Basket with Fries or Pizza Fresh Salad w/ Toppings Fresh Baked Cookie Fresh Fruit
17 Lasagna with Breadstick or Choice of Pizza Seasoned Vegetables Fresh Salad w/ Toppings Fruit Cup	18 Tacos or Crisпитos or Burger Rice and Beans Homemade Salsa Fresh Salad w/ Toppings Fresh Orange	19 Steak Fingers Chicken Nuggets with Hot Roll or Pizza Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Cinnamon Apple Sauce	20 Stuffed Baked Potatoes with Hot Roll or Hot Dog or Burger with Chips Steamed Broccoli Fresh Salad w/ Toppings Frozen Fruit Treat	21 Cheese Burger or BBQ Sub Basket with Fries or Pizza Fresh Salad w/ Toppings Fresh Baked Cookie Fresh Fruit
24 Chicken Alfredo with Hot Roll or Choice of Pizza Seasoned Vegetables Fresh Salad w/ Toppings Fruit Dessert	25 Totchos or Crisпитos or Burger Pinto Beans Spanish Rice Homemade Salsa Fresh Salad w/ Toppings Fruit Cup	26 Meatloaf or Chicken Strips with Hot Roll or Pizza Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Berries & Cream	27 Asian Bowl with Fried Rice or Burger Seasoned Vegetables Fresh Salad w/ Toppings Fruit Salad	28 Chicken Sandwich or Cheese Burger Basket with Fries or Pizza Fresh Salad w/ Toppings Fresh Baked Cookie Fresh Fruit

An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.

<i>Breakfast</i>	Monday	Tuesday	Wednesday	Thursday	Friday
Week of 4/3 & 4/17	Breakfast on Bun	French Toast Sticks	Bacon & Eggs w/ Toast	Pancake Wrap	Biscuits & Gravy
Week of 4/10 & 4/24	Breakfast Bowl	Banana Bread	Eggs & Sausage w/ Toast	Breakfast Pizza	Fruit Frudel