

Happy Spring Break



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts. This institution is an equal opportunity provider. Menus are subject to change



Monday



Tuesday



Wednesday

TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE IN.

Thursday



Friday

Homemade Pizza
PBJ: Cheese St / Goldfish

Salad & Carrots
Fresh Oranges
Cookie (BLUE)

Hard Shell taco
PBJ: Yogurt/- Goldfish

Lettuce / Tomato
Corn / Salsa
Pineapple (GOLD)

Cowboy Cavatini & Breadstick
PBJ: Cheese St./Goldfish

Cesar Salad / Broccoli
Chilled Pears (BLUE)

Cheese Burger
PBJ: Yogurt / Goldfish

Lettuce / tomato
Baked Beans / Fries
Applesauce (GOLD)

Chicken Strips / Roll
PBJ: Cheese St. /Goldfish

Mashed Potato & (W) Gravy
Peas
Fresh Fruit (BLUE)



"motivate the mind; the body will follow"



Burrito w/ cheese Sauce
PBJ: Cheese St./Goldfish

Lettuce / Tomato
Corn / Salsa
Fruit Cocktail (GOLD)

Sweet & Sour Chicken With Egg Roll
PBJ: Yogurt/Goldfish

Rice / Chilled Peaches (BLUE)
Cucumber and Peppers w/Ranch

Pulled Pork Sandwich
PBJ: Cheese St./-Goldfish

Baked Beans
Fries
Tropical Fruit (GOLD)



Chicken Wrap
PBJ: Yogurt / Goldfish

Lettuce/ Tomato
Corn / Salsa
Pineapple (BLUE)

Chicken Alfredo & Biscuit
PBJ: Cheese St./ Goldfish

Cesar Salad /Broccoli
Chilled Pears (GOLD)

Hot Ham and Cheese
PBJ: Yogurt /Goldfish

Baked Beans/ Fries
Applesauce (BLUE)

Chicken Strips / Roll
PBJ: Cheese St./-Goldfish

Mashed Potato & (B) Gravy
Peas
Fresh Fruit (GOLD)

Pizza
PBJ: Yogurt / Goldfish

Salad & Carrots
Fresh Oranges
March Birthday Cake (BLUE)