

## 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 Bar  
Fresh Oranges  
Cookie

Hard Shell taco 4  
Breaded Chicken Sandwich  
  
Lettuce / Tomato / Corn  
Tortilla Chips / Salsa  
Pineapple

Cowboy Cavatini & Breadstick 5  
Corn Dog  
  
Cesar Salad / Broccoli  
Chilled Pears

Cheese Burger 6  
PBJ-Cheese St- Goldfish  
  
Lettuce / tomato  
Baked Beans / Fries  
Applesauce / Cookie

Chicken Strips / Roll 7  
PBJ: Yogurt -Goldfish  
  
Mashed Potato & (W) Gravy  
Peas  
Fresh Fruit



"motivate the mind; the body will follow" 13



Burrito w/ cheese Sauce 18  
Tenderloin Sandwich  
  
Lettuce / Tomato / Corn  
Tortilla Chips / Salsa  
Fruit Cocktail

Sweet & Sour Chicken 19  
With Egg Roll  
Corn Dog  
  
Rice / Chilled Peaches  
Cucumber and Peppers w/Ranch

Pulled Pork Sandwich 20  
Grilled Chicken  
  
Baked Beans  
Fries  
Tropical Fruit /



Chicken Wrap 25  
Tenderloin Sandwich  
  
Lettuce/ Tomato  
Corn  
Tortilla Chips / Salsa  
Pineapple

Chicken Alfredo & Biscuit 26  
Corn Dog  
  
Cesar Salad / Broccoli  
Chilled Pears

Hot Ham and Cheese 27  
Breaded Chicken  
  
Baked Beans/ Fries  
Applesauce /

Chicken Strips / Roll 28  
PBJ: Yogurt -Goldfish  
  
Mashed Potato & (W) Gravy  
Peas  
Fresh Fruit

Pizza 29  
PBJ: Cheese St / Goldfish  
  
Salad Bar  
Fresh Oranges  
March Birthday Cake