

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



PBJ- Yogurt and Goldfish
Offered as an
Entrée everyday

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 / Sherbet



Chicken Wrap 25
Tenderloin Sandwich

Lettuce/ Tomato
Corn
Tortilla Chips / Salsa
Pineapple

Chicken Alfredo & Biscuit 26
Corn Dog

Cesar Salad / Broccoli
Chilled Pears

Cheese Burger 27
PBJ: Yogurt- Goldfish

Baked Beans/ Fries Applesauce /
Cookie

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