

MENUS

April
2013



FRESH START CENTER

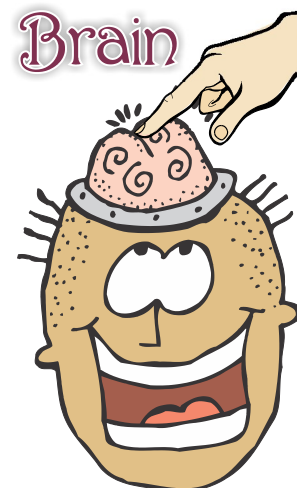
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We are pleased to provide
FREE AND REDUCED-PRICE MEALS
for all students who qualify. It's simple to apply and we accept applications all year.



APRIL BIRTHDAYS

Maya Angelou (85) -- April 3
Kristen Stewart (23) -- April 9
Thomas Jefferson -- April 13
Maria Sharapova (26) -- April 19
William Shakespeare -- April 23
Kelly Clarkson (31) -- April 24



Brain Ticklers

What word is spelled incorrectly in every dictionary?

(Hold the page upside down and read it in a mirror for the answer!)

!dnegolgnid

Students may purchase meals by the day, week, month or year.

Menus are subject to change due to product availability.

Please remember your breakfast and lunch money!!

SPRING BREAK!

Break begins at the end of classes:
Friday, March 29

Classes resume:
Monday, April 8

Monday, April 8

Hotdog/Bun

Peaches
Fresh Fruit

Baked Beans
Sweet Potato
Fries

Choice of Cold
Milk

Tuesday, April 9

Cheese Pizza

Applesauce
Fresh Fruit

Corn
Carrots

Choice of Cold
Milk

Wednesday, April 10

Spaghetti with
Meat Sauce and
Roll

Fresh Fruit
Pineapple

Romaine Salad
with Tomatoes

Choice of Cold
Milk

Thursday, April 11

BBQ/ Swirl Roll

Fresh Fruit
Pears

Coleslaw
Green Beans

Choice of Cold
Milk

VEGETABLE

Carrots

Carrots are a great source of vitamin A, beta carotene, and fiber. And they're a great snack without ANY sodium or fat! Just go very light on the ranch dressing!

OF THE MONTH

Friday, April 12

Cheeseburger/
Bun

Fresh Fruit
Mixed Fruit

Baby Carrots
French Fries

Choice of Cold
Milk

SECRET SALT SOURCES.

75% of the salt we consume comes from restaurants and processed foods. And it's not always easy to tell how much salt you're getting. That's why we're committed to meeting new standards for limiting sodium until we reach a maximum of 740 mg sodium per meal on average.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, April 15

Bologna/Cheese Sandwich

Fresh Fruit
Mandarin Orange*Chuckwagon Beans
French FriesChoice of Cold
Milk**Tuesday, April 16**Baked Chicken
with RollFresh Fruit
Mixed Fruit*Glazed Sweet
Potatoes
Mixed GreensChoice of Cold
Milk**Wednesday, April 17**Macaroni &
Cheese with
RollFresh Fruit
ApplesauceGreen Peas
Sliced CarrotsChoice of Cold
Milk**Thursday, April 18**

Chicken Sandwich

Fresh Fruit
PeachesMashed Potatoes
Green BeansChoice of Cold
Milk**Friday, April 19**Stuffed Crust
Pepperoni PizzaFresh Fruit
Apple SlicesRomaine Salad
with Tomatoes

Choice of Cold



April 2013 is Global Child Nutrition Month.

Hunger affects children around the globe *and* here
in the U.S. You can help. To learn more visitwww.gcnf.org**Monday, April 22**

Hotdog/ Bun

Fresh Fruit
PeachesBaked Beans
Sweet Potato
FriesChoice of Cold
Milk**Tuesday, April 23**Cheeseburger/
BunFresh Fruit
Mixed FruitVegetable Medley
French FriesChoice of Cold
Milk**Wednesday, April 24**Spaghetti with
Meat Sauce and
RollFresh Fruit
PineappleRomaine Salad
with TomatoesChoice of Cold
Milk**Thursday, April 25**

BBQ/ Swirl Roll

Fresh Fruit
PearsColeslaw
Green BeansChoice of Cold
Milk**Friday, April 26**

Cheese Pizza

Fresh Fruit
ApplesauceCorn
CarrotsChoice of Cold
Milk

Earth Day

April 22



Keep it clean

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Monday, April 29*Turkey Tacos
with Shredded
Lettuce, Tomatoes
& CheeseFresh Fruit
PearsBlack Beans
CornChoice of Cold
Milk**Tuesday, April 30**

Fish Sticks / Roll

Fresh Fruit
Mixed FruitCandied Yams
Mixed GreensChoice of Cold
Milk

"Coleslaw" comes from a Dutch phrase ("kool sla") that means cabbage salad. Cabbage has been shown to help prevent certain types of cancer, and it's also loaded with vitamin C. Cabbage is easy to grow and tolerates cold very well. That's probably why it's featured in a lot of northern dishes, like sauerkraut.

**LUNCH ENTRÉE CHOICES:**Monday—Small Chef Salad
with Crackers

Tuesday—Pizza

Wednesday—Chicken Salad
with Crackers

Thursday—Nachos

Friday—Small Chef Salad with
Crackers**BREAKFAST MENU:**Cereal/graham crackers are an entrée choice daily.
Other choices include:

Monday—Breakfast Pizza OR

Yogurt/Graham Crackers

Tuesday—Pancake/Sausage Wrap OR
Super DonutWednesday—WG MiniPancakes OR
WW Cinnamon BunThursday—Sausage Patty on WG Biscuit OR
WG FrudelFriday—WG Pop Tarts OR
French Toast Sticks

Fruit or Juice offered daily.

Choice of cold milk daily.