



School Information: "This institution is an equal opportunity provider."



Fitness Tip: Find ways to increase physical activity. You could try to:

- Play a sport like basketball, softball, or soccer
- Walk, skate, or cycle more
- Do stretches, exercises, or pedal a stationary bike while watching TV



Monday

Tuesday

Wednesday

Thursday

Friday



SPRING BREAK **5**

Cheeseburger	23	6
Baked beans	29	
Applesauce	14	

Chicken Tenders	16	7
Sweet Potato Fries	25	
Peaches	16	
Dinner roll (HS)	20	

Crispito/Salsa	22	8
Steamed Corn	21	
Pears	15	

Turkey & Gravy	5	9
Mashed Potatoes	24	
Cheese Breadstick	24	
Mandarin Oranges	23	

Chicken Fajita	18	12
Black Beans	19	
Apple Slices	7	

Tenderloin	41	13
Tater Tots	16	
Fresh Orange	25	

Mac & Cheese	31	14
Green Beans	4	
Diced Pears	16	

Turkey & Cheese Sub.	42	15
Cheesy Broccoli	5	
Fruit Mix	15	

Grilled Cheese	31	16
Baby Carrots/Ranch	3	
Applesauce	14	

Hot Ham & Cheese	22	19
Broccoli	2	
Kiwi	10	

Tacos	18	20
Black Beans	19	
Corn	21	
Tropical Fruit	14	

Chicken Patty Sand.	45	21
Sliced Carrots	7	
Peaches	16	

Chicken Quesadilla	16	22
Refried Beans	24	
Applesauce	14	

Fish Sticks	30	23
Tater Tots	16	
Pineapple	20	

Turkey & Cheese Sub	42	26
Baby Carrots/Ranch	3	
Apple Slices	7	

Burrito	39	27
Steamed Corn	21	
Pineapple	20	

Cheeseburger	23	28
Baked Beans	29	
Fresh Orange	25	

Chicken Nuggets	16	29
Green Beans	4	
Tropical Fruit	14	
Dinner Roll (HS)	20	

Grilled Chicken Sand	31	30
Cheesy Broccoli	5	
Strawberries	12	