

# APRIL MENU

SCHOOL OF EXCELLENCE

A variety of milk will be offered with every meal.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Grilled Cheese Sandwich Baked Chips Cucumber Nachos Steamed Carrots Fresh Fruit	3 Cheese & Pepperoni Pizza Italian Salad Seasoned Green Beans Fruit Cup	4 Cheesy Enchiladas Pinto Beans Spanish Rice Lettuce and Tomato Salsa Fresh Fruit	5 Smothered Steak Mashed Potatoes Sweet Corn Hot Roll Fruit Cup	6 Chicken Burger Baked Fries Hamburger Salad Tomato Slices Fresh Fruit
9 Crispy Chicken Wrap Baked Chips Steamed Broccoli Cucumber & Tomato Salad Fresh Fruit	10 Chicken Alfredo Seasoned Corn Garden Salad Garlic Bread Fruit Cup	11 Beef & Cheese Nachos Spanish Rice Refried Beans Lettuce, Tomato, & Salsa Fresh Fruit	12 Popcorn Chicken Mashed Potatoes Glazed Carrots Dinner Roll Fruit Cup	13 Chopped BBQ on Bun Tater Tots Fresh Garden Salad Steamed Vegetables Fresh Fruit
16 Lemon Chicken Fried Rice Steamed Carrots Oriental Salad Fruit Cup	17 Cheese or Pepperoni Pizza Italian Salad Seasoned Green Beans Fresh Fruit	18 Burritos Pinto beans Spanish Rice Lettuce, Tomato, & Salsa Fruit Cup	19 Steak Fingers Mashed Potatoes Peas & Carrots Dinner Roll Fresh Fruit	20 Cheese Burger French Fries Hamburger Salad Fruit Cup
23 Corn Dog Seasoned Fries Fresh Vegetable Dippers Fruit Cup	24 Spaghetti Garden Salad Sweet Corn Garlic Stick Fresh Fruit	25 Crispy Beef Tacos Refried Beans Spanish Rice Lettuce, Tomato, & Salsa Fruit Cup	26 Chicken Nuggets Mashed Potatoes Seasoned Green Beans Dinner Roll Fresh Fruit	27 <i>Enjoy Your Day Off!</i>

## PEAS PLEASE

One of the most versatile and yummy vegetables around is in season this month, the Pea! For such a tiny little thing, it is packed with a lot of health benefits.

- ◇ Just one serving of freshly frozen garden peas contain as much Vitamin C as two large apples! Vitamin C boosts our immune system and helps keep us healthy.
- ◇ A 100 calorie serving of peas contains more protein than a whole egg or tablespoon of peanut butter! Protein gives you the energy needed to succeed in whatever activity you are taking on.
- ◇ Peas are packed full of fiber, which helps clean your body out and keeps you "regular".

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.






Monday	Tuesday	Wednesday	Thursday	Friday
Pancake Wrap or Kolache	Taco Tuesday! Choice of Taco	Muffin & Yogurt Parfait or Waffles with Sausage	Scrambled Eggs with Bacon & Toast or Cheese Omelet w/ Salsa	Breakfast Pizza

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# MAY MENU

SCHOOL OF EXCELLENCE

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>April 30 <b>Manager's Choice</b></p>	<p>1 Lasagna Steamed Vegetables Italian Salad Garlic Stick Fresh Fruit</p>	<p>2 Beef &amp; Cheese Nachos Pinto Beans Spanish Rice Lettuce, Tomato, &amp; Salsa Pineapple Chunks</p>	<p>3 Country Fried Steak Mashed Potatoes Veggie Dippers Dinner Roll Fruit Cup</p>	<p>4 Chili &amp; Cheese Hot Dog Baked Fries Steamed Broccoli Fruit Cup</p>
<p>7 Philly Steak Sub Baked Fries Fresh Garden Salad Fresh Fruit</p>	<p>8 Meatball Sub Seasoned Corn Fresh Garden Salad Fruit Cup</p>	<p>9 Crispitos Refried Beans Spanish Rice Lettuce, Tomato, &amp; Salsa Fresh Fruit</p>	<p>10 Baked Drumstick Mashed Potatoes Steamed Broccoli Hot Roll Fresh Fruit</p>	<p>11 Corn Dog Mac &amp; Cheese Carrot Dippers Seasoned Vegetables Fruit Cup</p>
 <p>14 <b>Manager's Choice</b></p>	<p>15 Cheese &amp; Pepperoni Pizza Italian Salad Seasoned Green Beans Fruit Cup</p>	<p>16 Cheesy Enchiladas Pinto Beans Spanish Rice Lettuce and Tomato Salsa Fresh Fruit</p>	<p>17 Smothered Steak Mashed Potatoes Sweet Corn Hot Roll Fruit Cup</p>	<p>18 Chicken Burger Baked Fries Hamburger Salad Tomato Slices Fresh Fruit</p>
<p>21 Crispy Chicken Wrap Baked Chips Steamed Broccoli Cucumber &amp; Tomato Salad Fresh Fruit</p>	<p>22 Chicken Alfredo Seasoned Corn Garden Salad Garlic Bread Fruit Cup</p>	<p>23 Beef &amp; Cheese Nachos Spanish Rice Refried Beans Lettuce, Tomato, &amp; Salsa Fresh Fruit</p>	<p>24 Popcorn Chicken Mashed Potatoes Glazed Carrots Dinner Roll Fruit Cup</p>	 <p>25 <b>Manager's Choice</b></p>
<p>28 <i>Enjoy Your Day Off!</i></p>	<p>29 Cheese or Pepperoni Pizza Italian Salad Seasoned Green Beans Fresh Fruit</p>	<p>30 Burritos Pinto Beans Spanish Rice Lettuce, Tomato, &amp; Salsa Fruit Cup</p>	<p>31 Steak Fingers Mashed Potatoes Peas &amp; Carrots Dinner Roll Fresh Fruit</p>	<p>June 1 Cheese Burger French Fries Hamburger Salad Fruit Cup</p>

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## Unwind

What are your plans this summer? I hope you have carved out some time to relax. Here are some ways to help you do so!

- ◆ Spend some time outdoors. One of the best and most effective ways to boost your mood is to get outdoors and soak in a little Vitamin D.
- ◆ Unplug from technology. Use the summer as an excuse to be in vacation mode. Set time aside each day to be completely unplugged from technology and see what else there is to offer.
- ◆ Step outside your comfort zone. Try something new. It can be something simple like trying a new drink or food or a new restaurant. Every time we try something new we take a risk and feel a boost of happiness.

<http://www.healthwomen.org/content/blog-entry/10-ways-relax-summer-truly-unwind-and-unplug-be-happy-and-balanced>

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

Monday	Tuesday	Wednesday	Thursday	Friday
Warm Biscuit w/ Sausage or Breakfast Bowl	Taco Tuesday! Choice of Taco	Breakfast Sandwich or Chicken Biscuit	Pig in a Blanket or Pancakes	Breakfast Pizza

Breakfast