


Earth Day is April 22

| Tuesday, April 2 |
| :---: |
| Sliced Turkey on Roll |
| $\frac{\text { Alternate Entrée }}{\text { Fish \& Cheese }}$ |
| Sandwich |
| Served with Tater Tots, |
| Lettuce \& Tomato, |
| 100\% Fruit Juice |
| \& Assorted Milk |
| Meal must include veggie and/or fruit |


| Wed., April 3 |
| :---: |
| "Have it your way" |
| Burger (beef) |
| Alternate Entrée |
| Fish \& Cheese |
| Sandwich |
| Served with Baked |
|  |
| Tomato, Apple Slices |
| \& Assorted Milk |
|  |
| Meal must include veggie and/or fruit |


| Thursday, April 4 |
| :---: |
| Chicken Tenders |
| with Tea Roll |
| Alternate Entrée |
| Fish \& Cheese |
| Sandwich |
| Served with Baby |
| Carrots \& Ranch Dip, |
| 100\% Fruit Juice |
| \& Assorted Milk |
| Meal must include veggie and/r r fruit |

Friday, April 5
Cheese Filled Breadsticks with Red Sauce
$\frac{\text { Alternate Entrée }}{\text { Fish \& Cheese }}$ Sanchees

Served with Sweet Peas \& Carrots, Applesauce \& Assorted Milk

Meal nust include veggie and/ror fruit

## RIPPLE EFFECT.

Water aids digestion, keeps your skin and other organs healthy, and helps regulate your body temperature. So what's the best way to give your body the water it needs? Easy. Drink fresh, pure
 water throughout the day, and try to make a habit of choosing water instead of soda.

## EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

 WELHESS IS A WAY OF LIFA| Monday, April 8 | Tuesday, April 9 |
| :---: | :---: |
| Garlic Bread Pizza <br> (no meat) | Fish Nuggets |
| Alternate Entrée <br> Egg \& Cheese on <br> English Muffin | Alternate Entrée <br> Egg \& Cheese on <br> English Muffin <br> Served with Baked |
| Served with Veggie <br> Pick-up \& Ranch Dip, <br> Mixed Fruit \& Assorted <br> Milk | Beans, 100\% Fruit <br> Juice \& Assorted Milk |
|  |  |
| Meals must include veggie and/or fruit |  |

Wed., April 10

Popcorn Chicken with Mashed Potatoes

Alternate Entrée Egg \& Cheese on English Muffin
Served with Green Beans, Sliced Pears \& Assorted Milk

Meal must include veggie and/or fruit

Thursday, April 11
Macaroni \& Cheese with Tea Roll
Alternate Entrée
Egg \& Cheese on English Muffin
Served with Baby Carrots, Steamed Broccoli, 100\% Fruit Juice \& Assorted Milk

## NO LUNCH

 SERVED

