

## 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

Meal must include veggie and/ar fruit

## Earth Day is April 22 <br> Earth Day is April 22



Wed., April 3

> | Pepperoni (beef) | Turkey Ham |
| :---: | :---: |
| > Breadstick Pizza | \& Cheese on a Roll > |

## Alternate Entrée Fish \& Cheese

 SandwichServed with Steamed Broccoli, Sliced Pears \& Assorted Milk

Meal must include veggie and/ar fruit

Thursday, April 4

> | Alternate Entrée |
| :--- |
| Fish \& Cheese |
| Sandwich |

Served with Potato Rounds, 100\% Fruit Juice \& Assorted Milk

Meal must include veggie and/or fruit

Friday, April 5
Cheese Filled Breadsticks with Red Sauce

Alternate Entrée Fish \& Cheese Sandwich

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

Meal nust include veggie and/ror fruit

| Thursday, Apill 4 | Friday, April 5 |
| :---: | :---: |
| Turkey Ham | Cheese Filled |
| \& Cheese on a Roll | Breadsticks |
| Alternate Entrée |  |
| Fish \& Cheese | Alternate Entrée |
| Sandwich | Fish \& Cheese Sandwich |
| Served with Potato |  |
| Rounds, 100\% Fruit |  |
| Juice \& Assorted Milk | Carrots, Applesauce \& Assorted Milk |
|  |  |
| Meal must include vegie and/rof fruit | Meel must includ veggie andor fruit |


| Wed., April 10 |
| :---: |
| Deep Dish Pizza <br> (no meat) |
| $\frac{\text { Alternate Entrée }}{\text { Egg \& Cheese }}$ Sandwich |

Served with Baby Carrots \& Ranch Dip, Applesauce \& Assorted Milk

Thursday, Apill 11
Chicken Sandwich (no spicy offered)

Alternate Entrée Egg \& Cheese Sandwich

Served with Baked Beans, Lettuce \& Tomato, 100\% Fruit Juice \& Assorted Milk

Friday, April 12

Dismissal
Day!

NO LUNCH SERVED

Meal must include veggie and/ar fruit


