



APRIL 2017

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3 Beef & Bean Burrito Tortilla Chips Tomato Salsa Mexican Corn Peaches Oranges (9-12) Milk	4 Stromboli Squares Garlic Breadsticks (9-12) Garden Salad Fresh Baby Carrots Bananas Pineapple (9-12) Milk	5 Country Style Beef Pattie Whole Wheat Roll & Jelly (9-12) Mashed Potatoes & Gravy Steamed Broccoli Fresh Pineapple Canned Pears (9-12) Milk	6 Turkey & Cheese Sub Sandwich Dark Green Leaf Lettuce Tomato Slice Sun Chips Fresh Kiwi Applesauce (9-12) Milk	7 Cheese Pizza Salad Mix Baked Beans Summer Fruit Salad Royal Brownie Fruit Cocktail (9-12) Milk	8 	9
10 Hot Ham & Cheese on a Bun Potato Wedges Broccoli Florets Cherry Applesauce Fresh Blueberries (9-12) Milk	11 Pizza Hut Pepperoni Pizza Tossed Salad Cherry Tomatoes Fresh Orange Tropical Fruit (9-12) Milk	12 Chicken Patty Whole Wheat Roll & Honey Mashed Potatoes & Gravy Steamed Carrots Sliced Pears Fresh Apple Slices (9-12) Milk	13 Lasagna Garlic Bread Stick w/Marinara Sauce Garden Salad Apple Slices Chocolate Cake Canned Peaches (9-12) Milk	14 GOOD FRIDAY NO SCHOOL	15 	16
17 TEACHER IN-SERVICE NO SCHOOL	18 Sweet & Sour Chicken Nuggets Seasoned Brown Rice Cherry Tomatoes Peas, Celery Sticks Tropical Fruit Fresh Pineapple (9-12) Milk	19 Super Nachos Refried Beans Carrots Mango Canned Peaches (9-12) Milk	20 Pulled Pork Sandwich Creamy Cole Slaw Baked Beans Fresh Strawberries Canned Mixed Fruit (9-12) Milk	21 Rock & Roll Beef Wrap Steamed Carrots Cherry Crisp Grapes Applesauce (9-12) Milk	22	23
24 Pig in a Blanket Roasted Red Potatoes Broccoli w/Cheese Peaches Grapes Milk	25 Chicken Wrap Spanish Brown Rice Lettuce, Tomato Slice Green Peppers Oatmeal Cookie Apple Slices Fresh Pears (9-12) Milk	26 Spaghetti w/Meat Sauce Garlic Bread Garden Salad Green Beans Mandarin Oranges Fresh Cantaloupe (9-12) Milk	27 Taco Salad Tortilla Chips & Tomato Salsa Refried Beans Fresh Watermelon Cinnamon Puff Canned Peaches (9-12) Milk	28 Chicken & Noodles Whole Wheat Roll & Honey (6-12) Mashed Potatoes Fresh Baby Carrots Fresh Grapes Applesauce (9-12) Milk	29	30
This institution is an equal opportunity provider.		<p>NOTES: All about balance ~ Working on balance skills will help your youngsters not only with sports and gross motor skills, but with everyday activities, too. Try these three games. 1. Be a statue, and guess each other's pose. Your child might "ride a horse" like a war hero, while you raise one arm up to be the Statue of Liberty. 2. Tape together six cardboard boxes different sizes. Have your youngster number them 1-6. Roll a die, and she puts one foot in the matching box (roll a 3, and they puts the right foot in box #3). Roll it again, and the other foot goes in the box that matches. Roll a few more times, and then it's your turn to balance in the box. 3. Go "surfing" on dry land. Place a board (surfboard, sled or boogie board) on a pool noodle or on an upside down container so it will wobble when stood on. Now they can ride the waves!</p>				