### Breakfast Menu

**Monday**
- Sausage Biscuit, PB&J, Cereal/Grahams

**Tuesday**
- French Toast Sticks, Cereal/Grahams
- Sausage & Pancake on Stick

**Wednesday**
- Egg/Cheese on Bun, Donut, Cereal/Grahams

**Thursday**
- Yogurt Parfait, Mini Pancakes, Cereal/Grahams

**Friday**
- Chicken Biscuit, Benefit Bar, Cereal/Grahams

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### Lunch Menu

**Monday, March 16**
- Crispy Chicken Patty on Bun
- Mini Cheeseburger Sliders
- Baked Beans, Broccoli
- Fruit Cup, Fresh Fruit

**Tuesday, March 17**
- Popcorn Chicken Bowl w/Roll, Pizza
- Corn, Garden Salad
- Applesauce, Fresh Fruit

**Wednesday, March 18**
- Mozzarella Cheese Sticks,
  Barb-B-Que on Bun,
- Sweet Potato Waffle Fries, Coleslaw
- Sliced Peaches, Fresh Fruit

**Thursday, March 19**
- Grilled Cheese Sandwich,
  Baked Chicken with Roll
- Mashed Potatoes w/Gravy, Green Peas
- Mixed Fruit Cup, Fresh Fruit

**Friday, March 20**
- Pizza
- Chicken Parmesan Sandwich
- Garden Salad, Spinach
- Chilled Pears, Fresh Fruit

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### Breakfast Menu

**Monday**
- Sausage Biscuit, PB&J, Cereal/Grahams

**Tuesday**
- French Toast Sticks, Cereal/Grahams
- Sausage & Pancake on Stick

**Wednesday**
- Egg/Cheese on Bun, Donut, Cereal/Grahams

**Thursday**
- Yogurt Parfait, Mini Pancakes, Cereal/Grahams

**Friday**
- Chicken Biscuit, Benefit Bar, Cereal/Grahams

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### Lunch Menu

**Monday, March 23**
- Cheese Quesadilla,
- Nachos w/Chili & Cheese and Roll
- Baked Sweet Potato, Refried Beans
- Fruit Cup, Fresh Fruit

**Tuesday, March 24**
- Hamburger/Cheeseburger on Bun,
  Teriyaki Chicken Bowl with Roll
- Baked Beans, Broccoli
- Fruit Cup, Fresh Fruit

**Wednesday, March 25**
- Pizza,
  Wafer Steak & Cheese on Bun
- Garden Salad, Corn
- Sliced Peaches, Fresh Fruit

**Thursday, March 26**
- Hot Dog on Bun,
  Pizza Quesadilla
- Cherry Tomatoes w/Dip, Green Beans
- Applesauce, Fresh Fruit

**Friday, March 27**
- Popcorn Chicken w/Roll
- Pizza
- French Fries, Spinach
- Chilled Pears, Fresh Fruit

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### Fit Menu

**BY THE NUMBERS**
**In millions, the number of teen drivers on the road in the United States**

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<tr>
<th>Item</th>
<th>Calorie Count</th>
<th>Fat</th>
<th>Sodium</th>
<th>Verdict</th>
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<td>530</td>
<td>4.5</td>
<td>1060</td>
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**Tip:** Sorry to break this to you, but deep-fried french fries have very little actual nutritional value. You should really only eat them once in a while, and if you never eat another one, you’d be OK. Now, potatoes – baked, mashed, oven-“fried” – can be a nutritious part of your regular vegetable rotation. But deep-fried french fries, not so much.
Wednesday, April 1
Corndog,
Teriyaki Chicken Bowl w/Roll
Baked Beans, Broccoli
Mixed Fruit Cup, Fresh Fruit

Thursday, April 2
Buffalo Pizza Crunchers,
Spaghetti w/Meat Sauce and Roll
Green Beans, Butternut Squash
Pineapple Chunks, Fresh Fruit

Friday, April 3
Pizza,
Crispy Chicken Patty on Bun
French Fries, Spinach
Chilled Pears, Fresh Fruit

Monday, April 13
Spicy Chicken Tenders w/Roll
Grilled Cheese Sandwich
Sweet Potatoes, Green Peas
Sliced Peaches, Fresh Fruit

Tuesday, April 14
Mozzarella Cheese Sticks,
Nacho w/Chili & Cheese and Roll
Refried Beans, Collard Greens,
Applesauce, Fresh Fruit

Wednesday, April 15
Chicken Nuggets w/Roll
Pizza
Garden Salad, Broccoli
Chilled Pears, Fresh Fruit

Thursday, April 16
Crispy Chicken Patty on Bun,
Mini Ravioli with Roll
Green Beans, Potato Rounds
Spiced Apples, Fresh Fruit

Friday, April 17
Pizza,
Totally Taco Max Snax,
Corn, Garden Salad
Fruit Cup, Fresh Fruit

Available Daily!
PB&J Sandwiches
Yogurt Parfaits
Baby Carrots
Apple Slices
1 Cup of Garden Salad
Yogurt, String Cheese & Cheez-its
Fat Free Chocolate, Strawberry,
White Milk and 1% White Milk
Juice

*Menu item contains pork
Students may take 2 vegetables & 2 fruit

Break begins at the end of classes:
Friday, April 3
Classes resume:
Monday, April 13

Salad Choice of the Day

Monday
Southwestern Chicken Salad
Tuesday
Chef Salad
Wednesday
Country Chicken Salad
Thursday
Chef Salad
Friday
Hawaiian Chicken Salad

Featured Specials of the Day

Spring Break
Only an Illusion

Remember a few weeks ago when the argument between people who saw the black and blue dress and those who saw the gold and white dress almost shut down the internet? Here’s another one for you: the “Adelson Checkerboard Illusion.” Do you think the two squares labeled A and B are different shades of gray? Guess what? They’re the same color! If you’re interested, you can see proof and learn more by searching online for “Checkershadow Illusion - MIT”.

Featured Specials of the Day

Monday, April 20
Crispy Chicken Patty on Bun, Mini Cheeseburger Sliders
Baked Beans, Broccoli
Fruit Cup, Fresh Fruit

Tuesday, April 21
Popcorn Chicken Bowl w/Roll, Pizza
Corn, Garden Salad
Applesauce, Fresh Fruit

Wednesday, April 22
Mozzarella Cheese Sticks, Barb-B-Que on Bun,
Sweet Potato Waffle Fries, Cole slaw
Sliced Peaches, Fresh Fruit

Thursday, April 23
Grilled Cheese Sandwich, Baked Chicken with Roll
Mashed Potatoes w/Gravy, Green Peas
Mixed Fruit Cup, Fresh Fruit

Friday, April 24
Pizza
Chicken Parmesan Sandwich
Garden Salad, Spinach
Chilled Pears, Fresh Fruit

Featured Specials of the Day

Monday, April 27
Chicken & Cheese Quesadilla,
Nachos w/Chili & Cheese and Roll
Baked Sweet Potato, Refried Beans
Fruit Cup, Fresh Fruit

Tuesday, April 28
Hamburger/Cheseburger on Bun,
Teriyaki Chicken Bowl with Roll
Baked Beans, Broccoli
Fruit Cup, Fresh Fruit

Wednesday, April 29
Pizza,
Wafer Steak & Cheese on Bun
Garden Salad, Corn
Sliced Peaches, Fresh Fruit

Thursday, April 30
Hot Dog on Bun,
Pizza Quesadilla
Cherry Tomatoes w/Dip, Green Beans
Applesauce, Fresh Fruit

Breakfast Menu

Monday
Sausage Biscuit, PB&J, Cereal/Grahams

Tuesday
French Toast Sticks, Cereal/Grahams
Sausage & Pancake on Stick

Wednesday
Egg/Cheese on Bun, Donut,
Cereal/Grahams

Thursday
Yogurt Parfait, Mini Pancakes,
Cereal/Grahams

Friday
Chicken Biscuit, Benefit Bars,
Cereal/Grahams

tip: So-called “fast casual” restaurants have a lot to offer — but can also provide lots of calories, fat, and sodium. Skip the cheese and sour cream, get a ¾ scoop of brown rice instead of white, and choose a bowl instead of a tortilla, and you’ll get the meter numbers down to 675/6.5/1400.