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

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

Monday, March 30
Pizza,
Mini Cheeseburger Sliders
Garden Salad, Corn
Applesauce, Fresh Fruit

Tuesday, March 31
Chicken Nuggets w/Roll
Macaroni and Cheese w/Fish Sticks
Steamed Cabbage, Cherry Tomatoes w/Dip
Sliced Peaches, Fresh Fruit
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

Menu item contains pork
Students may take 2 vegetables & 2 fruit
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, Coleslaw
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

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/Cheddarburger 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

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 on line for “Checkershadow Illusion - MIT”.

wanna stay fit? gotta eat right!

item: “fast casual” burrito
verdict: choices matter

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.

Based on a chicken burrito with white rice, black beans, fajita veggies, cheese, sour cream, guacamole, lettuce, and tomato salsa.