Monday, March 16
Breaded Chicken w/Biscuit, Meatball Sub,
Corndog, Pizza Quesadilla
Mashed Potatoes w/Gravy, Green Beans
Applesauce, Fresh Fruit.

Tuesday, March 17
Chicken Chunks over Rice w/Roll, Chicken Nuggets w/Roll,
Mini Cheeseburger Slider, Uno Pizza
Cherry Tomatoes, Green Peas
Chilled Pears, Fresh Fruit

Wednesday, March 18
Nacho w/Roll, Lasagna w/Roll,
Crispy Chicken Patty on Bun, Chicken Fajita
Refried Beans, Spinach
Peaches, Fresh Fruit

Thursday, March 19
Teriyaki Chicken Bowl w/Roll, Beef & Cheese Soft Taco,
Mozzarella Cheese Sticks, Wafer Steak & Cheese on Bun
Corn, Broccoli
Mixed Fruit Cup, Fresh Fruit

Friday, March 20
Barb-B-Que on Bun, Fish on Bun,
Chicken Rings w/Roll, Uno Pizza
French Fries, Coleslaw
Pineapple Chunks, Fresh Fruit

Monday, March 23
Spaghetti w/Meat Sauce & Roll, Stuffed Crust Pizza,
Grilled Cheese Sandwich, Rib-B-Q on Bun
Sweet Potato Waffle Fries, Green Beans
Applesauce, Fresh Fruit

Tuesday, March 24
Beef Steak w/Gravy & Roll, Crispy Chicken Patty on Bun,
Cheese Quesadilla, Spicy Chicken Strips w/Roll
Potatoes Au Gratin, Spinach
Spiced Apples, Fresh Fruit

Wednesday, March 25
Nacho w/Roll, Hot Dog w/Chili & Cheese on Bun,
Meatball Sub, Mozzarella Cheese Sticks
Broccoli, Green Peas
Pineapple Chunks, Fresh Fruit

Thursday, March 26
Popcorn Chicken Bowl w/Roll, Barb-B-Que on Bun,
Fish on Bun, Hamburger/Cheeseburger on Bun
Coleslaw, Corn
Chilled Pears, Fresh Fruit

Friday, March 27
Chicken Parmesan over Spaghetti w/Roll, Uno Pizza,
Chicken Nuggets w/Roll, Beef & Cheese Soft Taco
Baked Beans, Butternut Squash
Mixed Fruit Cup, Fresh Fruit

Monday, March 30
Teriyaki Chicken Bowl w/Roll, Corndog,
Pizza Quesadilla, Mini Cheeseburger Slickers
Broccoli, Green Beans
Pineapple Chunks, Fresh Fruit

Tuesday, March 31
Uno Pizza, Chicken Nuggets w/Roll,
Spaghetti w/Meat Sauce & Roll, Meatball Sub
Corn, Spinach
Applesauce, Fresh Fruit
**Menus for April 2015**

**Monday, April 13**
Popcorn Chicken Bowl w/Roll, Grilled Cheese Sandwich
Burrito, Mini Cheeseburger Sliders
Green Beans, Corn
Applesauce, Fresh Fruit

**Tuesday, April 14**
Stuffed Crust Pizza, Spicy Chicken Patty on Bun,
Chicken Alfredo w/Roll, Chicken & Cheese Quesadilla
Green Peas, French Fries
Peaches, Fresh Fruit.

**Wednesday, April 15**
Nachos w/Roll, Corndog Nuggets,
Catfish Strips & Roll, Pizza Crunchers
Refried Beans, Broccoli
Chilled Pears, Fresh Fruit

**Thursday, April 16**
Beef & Cheese Soft Taco, Uno Pizza,
Wafer Steak & Cheese on Bun, Hot Dog w/Chili & Cheese
Corn, Collard Greens
Pineapple Chunks, Fresh Fruit

**Friday, April 17**
Chicken Parmesan over Spaghetti w/Roll, Rib-B-Que on Bun
Spicy Chicken Strips w/Roll, Grilled Chicken Patty on Bun
Steamed Cabbage, Baked Sweet Potato
Spiced Apples, Fresh Fruit.

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**Available Daily!**
- **Salad Bar**
- **Deli Sandwiches/Wraps (including veg.)**
- **PB&J Sandwiches**
- **Yogurt Parfaits**
- **Baby Carrots**
- **Apple Slices**
- **1 Cup of Garden Salad**
- **Fat Free Chocolate, Strawberry, White Milk and 1% White Milk Juice**

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

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**Break begins at the end of classes:**

**Friday, April 3**
Classes resume:
**Monday, April 13**
Featured Specials of the Day

**Monday, April 20**
- Breaded Chicken w/Biscuit, Meatball Sub, Corndog, Pizza Quesadilla
- Mashed Potatoes w/Gravy, Green Beans
- Applesauce, Fresh Fruit

**Tuesday, April 21**
- Chicken Chunks over Rice w/Roll, Chicken Nuggets w/Roll, Mini Cheeseburger Slider, Uno Pizza
- Cherry Tomatoes, Green Peas
- Chilled Pears, Fresh Fruit

**Wednesday, April 22**
- Nacho w/Roll, Lasagna w/Roll, Crispy Chicken Patty on Bun, Chicken Fajita
- Refried Beans, Spinach
- Peaches, Fresh Fruit

**Thursday, April 23**
- Teriyaki Chicken Bowl w/Roll, Beef & Cheese Soft Taco, Mozzarella Cheese Sticks, Wafer Steak & Cheese on Bun
- Corn, Broccoli
- Mixed Fruit Cup, Fresh Fruit

**Friday, April 24**
- Barb-B-Que on Bun, Fish on Bun, Chicken Rings w/Roll, Uno Pizza
- French Fries, Coleslaw
- Pineapple Chunks, Fresh Fruit

Featured Specials of the Day

**Monday, April 27**
- Spaghetti w/Meat Sauce & Roll, Stuffed Crust Pizza, Grilled Cheese Sandwich, Rib-B-Que on Bun
- Sweet Potato Waffle Fries, Green Beans
- Applesauce, Fresh Fruit

**Tuesday, April 28**
- Meatloaf w/Gravy & Roll, Crispy Chicken Patty on Bun, Chicken & Cheese Quesadilla, Spicy Chicken Strips w/Roll
- Potatoes Au Gratin, Spinach
- Spiced Apples, Fresh Fruit

**Wednesday, April 29**
- Nacho w/Roll, Hot Dog w/Chili & Cheese on Bun, Meatball Sub, Mozzarella Cheese Sticks
- Broccoli, Green Peas
- Pineapple Chunks, Fresh Fruit

**Thursday, April 30**
- Popcorn Chicken Bowl w/Roll, Barb-B-Que on Bun, Fish on Bun, Hamburger/Cheeseburger on Bun
- Coleslaw, Corn
- Chilled Pears, 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

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.”

eat fit 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 ¼ 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.

Edward H. Adelson