

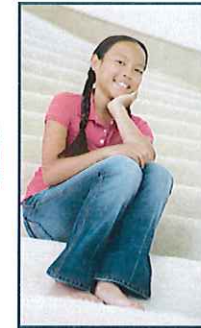


This institution is an equal opportunity provider. Menus are subject to change.

Available Daily

Whole grains are served daily.
 All meals include fruit and milk choice.
Daily breakfast choices include:
 Whole Wheat Honey Bun, Yogurt Parfait,
 Breakfast Pizza, or Cereal
Daily lunch choices include:
 Baked or Grilled Chicken Salad Bar
 w/Baked Potato, Pizza,
 Soup & Deli Sandwichs

STAIRWAY TO HEALTH.



Wellness is determined by dozens of small choices we all make every day. For example, take the stairs – no, really, TAKE THE STAIRS! It's estimated that stair-climbing for just 2 minutes a day (6-8 flights) will burn enough calories to prevent annual weight gain for the average American.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



Since April 1 falls on a weekend this year, Congress passed a law declaring that "all pranks, practical jokes, tricks, and other April Fool's mischief shall, by law, be perpetrated on Monday, April 3 instead." Please plan accordingly. (And, oh yeah, April Fool's.)

SPRING BREAK!

Break begins at the end of classes:
Friday, March 31
 Classes resume:
Tuesday, April 11

Hey kids!

We're "shaking it up" in our dining rooms by focusing on providing you with tasty meals, friendly cafeterias, and happy schools! Look for our salt-free seasoning shaker blends available daily in the following flavors:
 Cajun, Ranch, Buffalo, & Tex-Mex

shake it up
 IN SCHOOL NUTRITION



No School Today

Tuesday, April 11

Breakfast
 Chicken or Sausage Biscuit,
 Dutch Waffle, Oatmeal or
 Blueberry Muffin

Lunch
 Asian Chicken
 or
 Spicy Meatballs,
 Rice,
 Broccoli,
 Steamed Carrots

Wednesday, April 12

Breakfast
 Chicken or Sausage Biscuit
 or French Toast

Lunch
 Chicken Sandwich
 or
 Meatball Sub,
 Lettuce/Tomato,
 Baked Beans,
 Fries

Thursday, April 13

Breakfast
 Chicken or Sausage Biscuit,
 Mini Pancakes, Oatmeal or
 Blueberry Muffin

Lunch
 Corn Dog
 – or
 Philly Cheese Steak
 Sandwich,
 Fries,
 Slaw,
 Peppers & Onions

Friday, April 14

Breakfast
 Chicken or Sausage Biscuit
 or French Toast or Bacon,
 Egg & Cheese Croissant

Lunch
 Fish Sticks
 or
 Chicken Nuggets,
 Macaroni & Cheese,
 Corn on the Cob,
 Slaw

NUTRITION TO GO

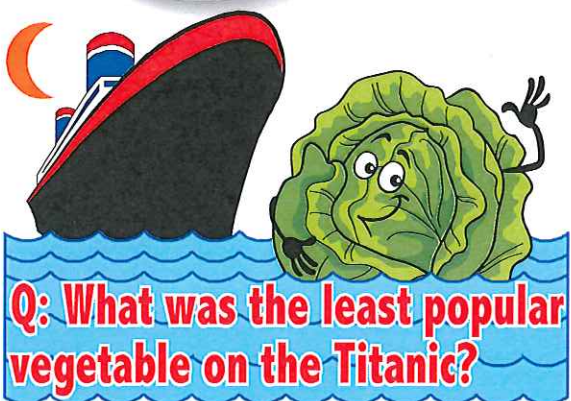
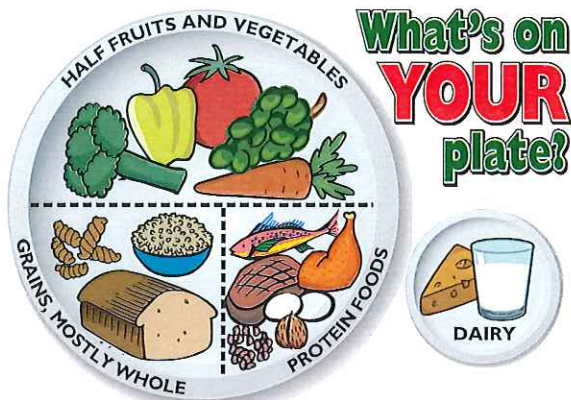
Green bell peppers were once about the only kind of bell peppers sold fresh in America. Now, red, yellow, orange, and even purple bell peppers are common in grocery stores. They all start out the same way – all bell peppers are green when they are immature, and get their color (and sweetness) if allowed to ripen on the vine.



Locally Grown Produce:
Apples, Cabbage, Celery, Corn on the Cob, Cucumbers, Green Peppers, Strawberries, Tangerines, & Tomatoes

Georgia Grown Produce:
Apple Slices, Broccoli, Carrots, Cabbage, & Sweet Potatoes

We serve fresh fruits & vegetables!



Answer: Iceberg lettuce! Actually, iceberg lettuce is also the least nutritious of a very nutritious family of vegetables. Try other kinds of greens in salads and on sandwiches for more flavor and greater nutritional value!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, April 17	Tuesday, April 18	Wednesday, April 19	Thursday, April 20	Friday, April 21
Breakfast Chicken or Sausage Biscuit or French Toast	Breakfast Chicken or Sausage Biscuit, Dutch Waffle, Oatmeal or Blueberry Muffin	Breakfast Chicken or Sausage Biscuit or French Toast	Breakfast Chicken or Sausage Biscuit, Mini Pancakes, Oatmeal or Blueberry Muffin	Breakfast Chicken or Sausage Biscuit or French Toast or Bacon, Egg & Cheese Croissant
Lunch Beef Tacos or Chicken Quesadilla, Black Beans & Corn, Lettuce/Tomato, Salsa/Peppers	Lunch Buffalo Chicken or Mozzarella Cheese Sticks, Breadstick, Baked Potato, Celery Sticks w/Dip	Lunch BBQ Sandwich or Cheeseburger, Fries, Baked Beans, Lettuce/Tomato, Slaw	Lunch Popcorn Chicken or Steak & Gravy, Mashed Potatoes, Broccoli, Roll	Lunch Spaghetti & Meatballs w/Garlic Toast or Cheesy Breadsticks w/Marinara Sauce, Corn on the Cob, Garden Salad
Monday, April 24	Tuesday, April 25	Wednesday, April 26	Thursday, April 27	Friday, April 28
Breakfast Chicken or Sausage Biscuit or French Toast	Breakfast Chicken or Sausage Biscuit, Dutch Waffle, Oatmeal or Blueberry Muffin	Breakfast Chicken or Sausage Biscuit or French Toast	Breakfast Chicken or Sausage Biscuit, Mini Pancakes, Oatmeal or Blueberry Muffin	Breakfast Chicken or Sausage Biscuit or French Toast or Bacon, Egg & Cheese Croissant
Lunch Beef & Cheese Nachos or Chicken & Cheese Nachos, Salsa/Peppers, Baked Sweet Potato, Garden Salad	Lunch Chicken Sandwich or BBQ Sandwich, Lettuce/Tomato, Baked Beans, Fries	Lunch Asian Chicken or Spicy Meatballs, Rice, Broccoli, Steamed Carrots	Lunch Fish Sticks or Chicken Nuggets, Macaroni & Cheese, Green Beans, Slaw	Lunch Chili Cheese Dog or Philly Cheese Steak Sandwich, Fries, Slaw, Peppers & Onions