



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

Available Daily
Breakfast includes a choice of 100% fruit juice or fruit, and milk.
Whole grains are served daily.
Lunch meals include a fruit and choice of milk.

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!

APRIL FOOLS

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 BREAKS
 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 or Mini Pancakes or Oatmeal

Lunch
 Boneless Chicken Wings, Fries, Texas Toast, Carrots & Celery w/Dip, or Meatball Sub Sandwich, Fries, Steamed Carrots

Wednesday, April 12

Breakfast
 Chicken or Sausage Biscuit or French Toast

Lunch
 Chili Cheese Fritos, Baked Potato, Garden Salad, Broccoli or Spaghetti w/Meatballs, Garlic Toast, Garden Salad, Broccoli

Thursday, April 13

Breakfast
 Chicken or Sausage Biscuit or Dutch Waffle or Oatmeal

Lunch
 BBQ Sandwich, Fries, Slaw or Chicken Queso Nachos, Mexican Rice, Lettuce/Tomato/Cheese, Salsa/Sour Cream

Friday, April 14

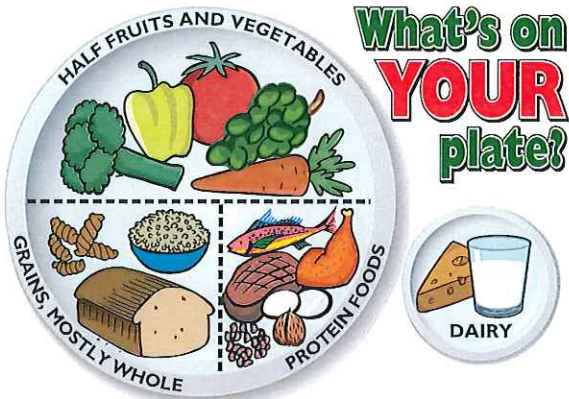
Breakfast
 Chicken or Sausage Biscuit or Mini Pancakes

Lunch
 Slider Burgers, Tater Tots, Lettuce/Tomato/Cheese, Baked Beans, Slaw or Hot Ham & Cheese Sandwich, Tater Tots, Baked Beans, 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.

A TASTY MORSEL FOR PARENTS



Q: What was the least popular vegetable on the Titanic?

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!

Answer: Iceberg lettuce! Actually, iceberg lettuce is also

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



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!

Monday, April 17

Breakfast

Chicken or Sausage Biscuit or French Toast

Lunch

Chicken Nuggets, Gravy, Roll, Mashed Potatoes, California Blend Veggies or Steak, Gravy, Roll, Mashed Potatoes, California Blend Veggies

Tuesday, April 18

Breakfast

Chicken or Sausage Biscuit or Mini Pancakes or Oatmeal

Lunch

Chicken Sandwich, Fries, Slaw, Lettuce/Tomato, Baked Beans or Philly Cheese Steak Sandwich, Peppers & Onions, Fries, Slaw, Baked Beans

Wednesday, April 19

Breakfast

Chicken or Sausage Biscuit or French Toast

Lunch

Macaroni, Ham & Cheese Bake, Cornbread, Green Beans, Seamed Carrots or BBQ Plate, Slaw, Texas Toast (2), Baked Potatoes, Steamed Carrots

Thursday, April 20

Breakfast

Chicken or Sausage Biscuit or Dutch Waffle or Oatmeal

Lunch

General Tso's Asian Chicken, Rice, Sweet Potato Tots, Broccoli or Cheesy Breadsticks w/Marinara Sauce, Baked Potato, Broccoli

Friday, April 21

Breakfast

Chicken or Sausage Biscuit or Mini Pancakes

Lunch

Hamburger w/Cheese, Baked Chips, Lettuce/Tomato, Baked Beans or Spicy Chicken Wrap, Baked Chips, Lettuce/Tomato, Baked Beans

Monday, April 24

Breakfast

Chicken or Sausage Biscuit or French Toast

Lunch

"Boom Boom" Asian Chicken, Asian Rice, Fried Okra, Sweet Potato Tots or Mini Corn Dogs, Fries, Baked Beans, Slaw

Tuesday, April 25

Breakfast

Chicken or Sausage Biscuit or Mini Pancakes or Oatmeal

Lunch

Lasagna, Garlic Toast, Garden Salad, Broccoli or Chili Cheese Fries, Breadstick, Garden Salad, Broccoli

Wednesday, April 26

Breakfast

Chicken or Sausage Biscuit or French Toast

Lunch

Chicken Sandwich, Tater Tots, Lettuce/Tomato, Baked Beans or Turkey & Gravy, Rice, Roll, Baked Sweet Potato, Green Beans

Thursday, April 27

Breakfast

Chicken or Sausage Biscuit or Dutch Waffle or Oatmeal

Lunch

Beef & Cheddar Sandwich, Fries, Carrot & Raisin Salad or Chicken Queso Nachos, Corn, Refried Beans, Lettuce/Tomato, Salsa/Sour Cream

Friday, April 28

Breakfast

Chicken or Sausage Biscuit or Mini Pancakes

Lunch

Boneless Chicken Wings, Macaroni & Cheese, Baked Potato, Carrots & Celery Sticks w/Dip or Popcorn Chicken, Macaroni & Cheese, Baked Potato, Steamed Carrots