



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.**

**Milk choices include: Fat free flavored, skim, and 1% 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!**

**Munchie Meals**

*\*\*Available Daily\*\**

*Mondays—Pizza Munchie Meal*  
*Tuesdays—Chicken Tender Salad*  
*Wednesdays—PB&J Munchie Meal*  
*Thursdays—Yogurt Munchie Meal*  
*Fridays—Chicken Tender Salad*

**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	Wednesday, April 12	Thursday, April 13	Friday, April 14
<b>Breakfast</b> Chicken Biscuit	<b>Breakfast</b> Dutch Waffle	<b>Breakfast</b> French Toast Sticks w/Syrup	<b>Breakfast</b> Sausage Biscuit
<b>Lunch</b> Hamburger or Hot Dog, Baked Beans, Slaw, Baked Chips, Fruit	<b>Lunch</b> BBQ Sandwich or Chicken Sandwich, Sweet Potato Fries, Garden Salad, Fruit	<b>Lunch</b> Macaroni & Cheese or Chicken Nuggets w/Roll, Turnip Greens, Fried Okra, Spiced Apples, Fruit	<b>Lunch</b> Pizza or Burrito, Garden Salad, Corn, Fruit



# 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?**

**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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](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!

<p><b>Monday, April 17</b></p> <p><b>Breakfast</b> Gravy Biscuit</p> <p><b>Lunch</b> Chicken Sandwich or BBQ w/Bun or Hushpuppies, Baked Beans, Fries, Slaw, Fruit</p>	<p><b>Tuesday, April 18</b></p> <p><b>Breakfast</b> Chicken Biscuit</p> <p><b>Lunch</b> Popcorn Chicken w/Roll or Beef &amp; Cheddar Sub Sandwich, Baked Potato, Garden Salad, Fruit</p>	<p><b>Wednesday, April 19</b></p> <p><b>Breakfast</b> Cinnamon Bun</p> <p><b>Lunch</b> Corn Dog or Chicken Nuggets w/Breadstick, Steamed Broccoli, Tater Tots, Fruit</p>	<p><b>Thursday, April 20</b></p> <p><b>Breakfast</b> Chicken Biscuit</p> <p><b>Lunch</b> Chicken Taco or Beef &amp; Cheese Nachos, Lettuce/Tomato/Salsa, Peppers/Onions, Refried Beans, Fruit</p>	<p><b>Friday, April 21</b></p> <p><b>Breakfast</b> Pop Tart w/Cheese Stick or Cereal Bar w/Cheese Stick</p> <p><b>Lunch</b> Pizza or Boneless Hot Wings, Garlic Toast, Carrots w/Dip, Corn, Fruit</p>
<p><b>Monday, April 24</b></p> <p><b>Breakfast</b> Glazed Breakfast Bun</p> <p><b>Lunch</b> Chicken Nuggets or Steak Nuggets, Breadstick, Creamed Potatoes, Steamed Broccoli, Fruit</p>	<p><b>Tuesday, April 25</b></p> <p><b>Breakfast</b> Chicken Biscuit</p> <p><b>Lunch</b> Spaghetti w/Meat Sauce or Chicken Sandwich, Garden Salad, Baked Sweet Potato, Garlic Toast, Fruit</p>	<p><b>Wednesday, April 26</b></p> <p><b>Breakfast</b> Blueberry Muffin</p> <p><b>Lunch</b> Hamburger or Hot Dog, Fries, Slaw, Baked Beans, Fruit</p>	<p><b>Thursday, April 27</b></p> <p><b>Breakfast</b> Chicken Biscuit</p> <p><b>Lunch</b> Pizza or Burrito, Garden Salad, Corn, Fruit</p>	<p><b>Friday, April 28</b></p> <p><b>Breakfast</b> French Toast Sticks w/Syrup</p> <p><b>Lunch</b> Sack Lunch Day! Turkey Sandwich or PB&amp;J Sandwich, Baked Chips, Carrots w/Dip, Fruit, Sweet Treat</p>