



Monday, April 15

Breakfast
Breakfast Pizza

Lunch
-Chicken Quesadilla
-Hot Dog on Bun
-Popcorn Chicken Salad
& Bosco Stick
-Deli Sandwich
Sweet Corn
Mixed Fruit
Cold Milk

Tuesday, April 16

Breakfast
Sausage Biscuit

Lunch
-Chicken Strips & Waffles
-Ham & Cheese Croissant
-Italian Salad & Bosco Stick
-Deli Sandwich
Candied Sweet Potatoes
Fresh Pear
Cold Milk

Wednesday, April 17

Breakfast
Parfait &
Nutri-grain Bar

Lunch
-Baked Potato, Cheese,
Margarine & Bosco Stick
-Breaded Chicken Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Green Beans
Chilled Peaches
Cold Milk

Thursday, April 18

Breakfast
Biscuit & Gravy

Lunch
-Orange Chicken
& Fried Rice
-Hamburger on Bun
-Italian Salad & Bosco Stick
-Deli Sandwich
Fresh Broccoli
Pineapple Tidbits
Fortune Cookie
Cold Milk

Friday, April 19

Breakfast
French Toast Sticks & Syrup

Lunch
-Cheesy Beef Nachos
-Fish Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Fiesta Beans
Fresh Apple
Cold Milk

Monday, April 22

Breakfast
Cheesy Chicken Biscuit

Lunch
-Pepperoni Pizza
-Mini Corn Dogs
-Popcorn Chicken Salad
& Bosco Stick
-Deli Sandwich
Green Beans
Chilled Pears
Cold Milk

Tuesday, April 23

Breakfast
Pop Tarts

Lunch
-Sausage, Egg & Cheese
Croissant
-Turkey & Cheese Wrap
-Italian Salad & Bosco Stick
-Deli Sandwich
Emoji Potatoes
Chilled Applesauce
Cold Milk

Wednesday, April 24

Breakfast
Strawberry Cream
Cheese Bagel

Lunch
-Popcorn Chicken, Pretzel
Bites & Cheese Sauce
-Sloppy Joe Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Baby Carrots
Frozen Juice Cup
Cold Milk

Thursday, April 25

Breakfast
Pancake Sausage on Stick

Lunch
-Mozzarella Sticks with Sauce
-Hot & Spicy Chicken
Sandwich
-Italian Salad & Bosco Stick
-Deli Sandwich
Cheesy Broccoli
Orange Smiles
Cold Milk

Friday, April 26

Breakfast
Cheesy Omelet & Biscuit

Lunch
-Soft Beef Tacos
-Fish Sticks
& Cornbread Muffin
-Chef Salad & Bosco Stick
-Deli Sandwich
Ranchero Beans
Chilled Peaches
Cold Milk

Monday, April 29

Breakfast
Banana Muffins

Lunch
-Sausage Pizza
-Corn Dog
-Popcorn Chicken Salad
& Bosco Stick
-Deli Sandwich
Seasoned Carrots
Mixed Fruit
Cold Milk

Tuesday, April 30

Breakfast
Bacon, Egg & Cheese Biscuit

Lunch
-French Toast Sticks &
Sausage
-Breaded Chicken Sandwich
-Italian Salad & Bosco Stick
-Deli Sandwich
Green Beans
Chilled Peaches
Gogurt Yogurt
Cold Milk

INTENSE.

The most effective (and time efficient) exercise for good cardio health is alternating short, cheetah-like bursts of intense activity with longer periods of easier effort. So-called "high intensity interval training" starts with a few minutes of warm-up, then the fun begins: 30-60 seconds of cheetah-style, all-out, hard-as-you-can-go, 100% effort (biking, running, swimming, etc.), followed by 3 or 4 minutes of 50% effort, repeated up to 5 or 6 times, for no longer than half an hour.

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

