



This institution is an equal opportunity provider



Fitness Tip: Find ways to increase physical activity. You could try to:

- Play a sport like basketball, softball, or soccer
- Walk, skate, or cycle more
- Do stretches, exercises, or pedal a stationary bike while watching TV



Monday

Tuesday

Wednesday

Thursday

Friday



Grilled Cheese Sandwich 1
French Fries/Carrots
Fruit

GOOD FRIDAY 2

5
SPRING BREAK

6
SPRING BREAK

7
SPRING BREAK

8
SPRING BREAK

9
SPRING BREAK

12
Chicken Legg/Roll
Pizza
Mashed Potatoes
Green Beans
Fruit

13
Red Beans/Rice
Cornbread
Grilled Chicken Sandwich
Turnip Greens/Squash
Fruit

14
Fruit Yogurt Plate
Corn Dog
Baked Beans
California Veggies
Fruit

15
Chef Salad/Crackers
Spaghetti
Texas Toast
Side Salad/Green Peas
Fruit

16
Fruit Yogurt Plate
Cheeseburger
French Fries/Carrots
Fruit

19
Mandarin Chicken
Egg Roll/Fried Rice
Spicy Chicken Sandwich
Steamed Broccoli/Squash
Fruit

20
Mexican Pizza
Hot-Ham Cheese Sub
Corn/ Green Peas
Fruit

21
Fruit Yogurt Plate
Sweet Chili Meat Ball Sub
Mixed Veggies
Black Eyed Peas
Fruit

22
Chef Salad/Crackers
Hamburger Patty
Gravy/Roll/Mashed
Potatoes/Green Beans
Fruit

23
Fruit Yogurt Plate
Hot Dog
French Fries/Raw Veggies
Fruit

26
Chicken Strips/Roll
Pizza
Diced Buttered Potatoes
Black Eyed Peas
Fruit

27
Red Beans/Rice
Corn Bread
Chicken Sandwich
Turnip Greens/Squash
Fruit

28
Fruit Yogurt Plate
Steak Fingers/Rice-Gravy
Roll/Lima Beans
Carrots
Fruit

29
Chef Salad/Crackers
Corn Dog
Baked Beans/Mixed Veggies
Fruit

30
Fruit Yogurt Plate
Spicy Chicken Sandwich
French Fries/Salad
Fruit



This institution is an equal opportunity provider



Fitness Tip: Find ways to increase physical activity. You could try to:

- Play a sport like basketball, softball, or soccer
- Walk, skate, or cycle more
- Do stretches, exercises, or pedal a stationary bike while watching TV



Monday

Tuesday

Wednesday

Thursday

Friday



Grilled Cheese Sandwich 1
French Fries/Carrots
Fruit

GOOD FRIDAY 2

SPRING BREAK 5

SPRING BREAK 6

SPRING BREAK 7

SPRING BREAK 8

SPRING BREAK 9

Chicken Legg/Roll 12
Pizza
Mashed Potatoes
Green Beans
Fruit

Red Beans/Rice 13
Cornbread
Grilled Chicken Sandwich
Turnip Greens/Squash
Fruit

Fruit Yogurt Plate 14
Corn Dog
Baked Beans
California Veggies
Fruit

Chef Salad/Crackers 15
Spaghetti
Texas Toast
Side Salad/Green Peas
Fruit

Fruit Yogurt Plate 16
Cheeseburger
French Fries/Carrots
Fruit

Mandarin Chicken 19
Egg Roll/Fried Rice
Spicy Chicken Sandwich
Steamed Broccoli/Squash
Fruit

Mexican Pizza 20
Hot-Ham Cheese Sub
Corn/ Green Peas
Fruit

Fruit Yogurt Plate 21
Sweet Chili Meat Ball Sub
Mixed Veggies
Black Eyed Peas
Fruit

Chef Salad/Crackers 22
Hamburger Patty
Gravy/Roll/Mashed
Potatoes/Green Beans
Fruit

Fruit Yogurt Plate 23
Hot Dog
French Fries/Raw Veggies
Fruit

Chicken Strips/Roll 26
Pizza
Diced Buttered Potatoes
Black Eyed Peas
Fruit

Red Beans/Rice 27
Corn Bread
Chicken Sandwich
Turnip Greens/Squash
Fruit

Fruit Yogurt Plate 28
Steak Fingers/Rice-Gravy
Roll/Lima Beans
Carrots
Fruit

Chef Salad/Crackers 29
Corn Dog
Baked Beans/Mixed Veggies
Fruit

Fruit Yogurt Plate 30
Spicy Chicken Sandwich
French Fries/Salad
Fruit