



**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  
-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  
-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!**

