

# SNACK WELL?

Snack foods are loaded with empty calories from solid fats and added sugar. Sad thing is, a third of all of our daily calories, on average, come from candy, chips, soda, pastries, and other junky snack foods.

Luckily, there's a cure for this condition: can you say fresh fruit?



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

## Breakfast, Salad and Vegetarian Choices

### Monday

French Toast Sticks and Sausage  
Southwestern Chicken Salad  
Vegetarian Hot Pocket

### Tuesday

Sausage and Pancake on Stick  
Chef Salad  
Vegetarian Chili with Chips

### Wednesday

Breakfast Pizza Pocket  
Country Chicken Salad  
Garden Burger

### Thursday

Omelet and Toast  
Chef Salad  
Vegetable Sub

### Friday

Cinnamon Toast  
Asian Chicken Salad  
Grilled Cheese and Yogurt

May 1  
Meatloaf  
May 2  
Supreme or Hawaiian Pizza

May 3  
Beef Enchilada  
May 4  
Sloppy Joe on Bun

May 7  
Breakfast Wrap  
May 8  
Chicken Chow Mein over Rice

May 9  
Mini Tacos  
May 10  
Oven Fried Chicken

May 11  
Steak and Cheese Sub  
May 14  
Beef and Broccoli over Rice

May 15  
Chicken Yock  
May 16  
Breakfast for Lunch

May 17  
Ham Casserole  
May 18  
Dream Burger

May 21  
Sweet and Sour Meatballs  
May 22  
Tuna Casserole

May 23  
Baked Spaghetti  
May 24  
Oven Roasted Chicken

May 25  
Pork Bar-B-Que on Bun  
May 29  
Fish Sticks with Macaroni and Cheese

May 30  
Beef Taco Pie  
May 31

# MENUS FOR MAY 2012

## Achievable Dream

*This institution is an equal opportunity provider.*

## Available Daily!

Crispy and Spicy Chicken Sandwiches  
Nachos with Chili and Cheese  
Chicken Nuggets  
Pizza  
Hamburgers and Cheeseburgers  
Peanut Butter and Jelly Uncrustable  
Sub Sandwiches  
Sandwich of the Day  
Hot and Cold Vegetables  
Fresh Fruit and Fruit Cup  
Low-Fat or Skim Milk