

# 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 Sandwich Choices

### Monday

French Toast Sticks and Sausage  
Southwestern Chicken Salad  
Hamburger, Crispy Chicken Patty

### Tuesday

Sausage and Pancake on Stick  
Chef Salad  
Burrito, Spicy Chicken Patty

### Wednesday

Breakfast Pizza Pocket  
Country Chicken Salad  
Hot Dog, Crispy Chicken Patty

### Thursday

Chicken Patty on Bun  
Chef Salad  
Meatball Sub, Spicy Chicken Patty

### Friday

Cinnamon Toast  
Asian Chicken Salad  
Pork Rib-B-Que, Pizza

### May 1

Corn Dog Nuggets

### May 2

Popcorn Chicken Bowl

### May 3

Steak Sandwich

### May 4

Pork Bar-B-Que on Bun

### May 7

Beef Tips over Rice

### May 8

Baked Lasagna

### May 9

Chicken Fryz

### May 10

Chicken Chow Mein over Rice

### May 11

Swiss Mushroom Burger

### May 14

Pork Chop

### May 15

Stuffed Pizza

### May 16

Oven Fried Chicken

### May 17

Meatloaf

### May 18

Hot Dog with Chili and Cheese on Bun

### May 21

Nachos with Chili and Cheese

### May 22

Chicken Parmesan

### May 23

Baked Chicken

### May 24

Sweet and Sour Chicken

### May 25

Sloppy Joe on Bun

### May 29

Corn Dog Nuggets

### May 30

Popcorn Chicken Bowl

### May 31

# MENUS FOR MAY 2012

## Aviation Academy

*This institution is an equal opportunity provider.*

## Available Daily!

Roast Beef and Cheese Sub  
Turkey and Cheese Sub  
Ham and Cheese Sub  
Club Sandwich  
Salad of the Day  
Fruit and Yogurt Plate  
Fresh Fruit  
Fruit Cup  
Low-Fat or Skim Milk