

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 and Salad Choices

Monday

French Toast Sticks and Sausage
Southwestern Chicken Salad

Tuesday

Sausage and Pancake on Stick
Chef Salad

Wednesday

Breakfast Pizza Pocket
Country Chicken Salad

Thursday

Chicken Patty on Bun
Chef Salad

Friday

Cinnamon Toast
Asian Chicken Salad

May 1

Crispy or Spicy Chicken Patty

May 2

Popcorn Chicken Bowl

May 3

Hamburger or Meatball Sub

May 4

Hot Dog on Bun

May 7

Nachos with Chili and Cheese

May 8

Crispy and Spicy Chicken Patty

May 9

Chicken Fryz

May 10

Hamburger or Meatball Sub

May 11

Pork Rib-B-Que on Bun

May 14

Burrito or Flatbread Pizza

May 15

Crispy or Spicy Chicken Patty

May 16

Oven Fried Chicken

May 17

Hamburger or Meatball Sub

May 18

Hot Dog with Chili and Cheese on Bun

May 21

Nachos with Chili and Cheese

May 22

Crispy or Spicy Chicken Patty

May 23

Sweet and Sour Chicken

May 24

Hamburger or Meatball Sub

May 25

Sloppy Joe on Bun

May 29

Crispy or Spicy Chicken Patty

May 30

Popcorn Chicken Bowl

May 31

MENUS FOR MAY 2012

Enterprise Academy

This institution is an equal opportunity provider.

Available Daily!

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