

# 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**  
Chicken Chunks over Rice

**May 2**  
Beef Soft Taco

**May 3**  
Oven Fried Chicken

**May 4**  
Pork Bar-B-Que on Bun

**May 7**  
Spaghetti with Meat Sauce

**May 8**  
Corn Dog Nuggets w/ Macaroni and Cheese

**May 9**  
Cook's Choice

**May 10**  
Bar-B-Que Chicken

**May 11**  
Pizza Stuffer

**May 14**  
Manager's Choice

**May 15**  
Hines Bowl

**May 16**  
Chicken Parmesan

**May 17**  
Baked Chicken

**May 18**  
Steak-Um

**May 21**  
Meatloaf

**May 22**  
Beef-A-Roni

**May 23**  
Manager's Choice

**May 24**  
Hines Luau

**May 25**  
Hot Dog on Bun

**May 29**  
Spicy Ginger Chicken

**May 30**  
Spaghetti with Meatballs

**May 31**

# MENUS FOR MAY 2012

## Hines Middle

*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