

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

Ravioli

May 2

Shepherd's Pie

May 3

Baked Chicken

May 4

Hot Dog on Bun

May 7

Pork Patty

May 8

Lasagna Roll-Up

May 9

Popcorn Chicken Bowl

May 10

Oven Fried Chicken

May 11

Pork Bar-B-Que on Bun

May 14

Meatloaf

May 15

Beef-A-Roni

May 16

Chicken Quesadilla

May 17

Baked Chicken

May 18

Hot Dog on Bun

May 21

Baked Potato with Ham and Cheese

May 22

Chicken Parmesan

May 23

Fish Sticks with Macaroni and Cheese

May 24

Oven Fried Chicken

May 25

Pork Bar-B-Que on Bun

May 29

Ravioli

May 30

Baked Chicken

May 31

MENUS FOR MAY 2012

Warwick High

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