



Monday, April 15

Lunch
-Chicken Quesadilla
-Hot Dog on Bun
-Popcorn Chicken Salad & Bosco Stick
-Deli Sandwich
 Sweet Corn
 Mixed Fruit
 Cold Milk

Tuesday, April 16

Lunch
-Chicken Strips & Waffles
-Ham & Cheese Croissant
-Italian Salad & Bosco Stick
-Deli Sandwich
 Candied Sweet Potatoes
 Fresh Pear
 Cold Milk

Wednesday, April 17

Lunch
-Baked Potato, Cheese, Margarine & Bosco Stick
-Breaded Chicken Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
 Green Beans
 Chilled Peaches
 Cold Milk

Thursday, April 18

Grandparents' Day

Friday, April 19

**No School
 Teacher Institute**



Monday, April 22

Lunch
-Pepperoni Pizza
-Mini Corn Dogs
-Popcorn Chicken Salad & Bosco Stick
-Deli Sandwich
 Green Beans
 Chilled Pears
 Cold Milk

Tuesday, April 23

Lunch
-Sausage, Egg & Cheese Croissant
-Turkey & Cheese Wrap
-Italian Salad & Bosco Stick
-Deli Sandwich
 Emoji Potatoes
 Chilled Applesauce
 Cold Milk

Wednesday, April 24

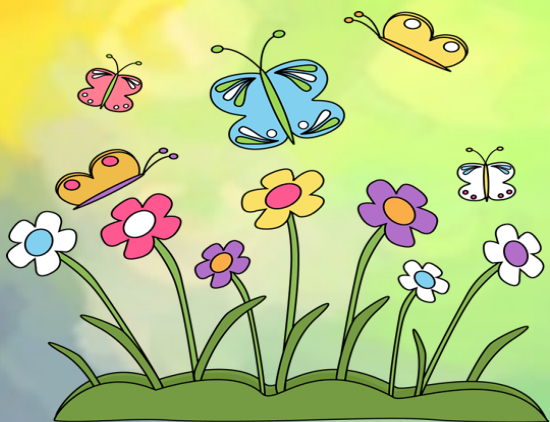
Lunch
-Popcorn Chicken, Pretzel Bites & Cheese Sauce
-Sloppy Joe Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
 Baby Carrots
 Frozen Juice Cup
 Cold Milk

Thursday, April 25

Lunch
-Mozzarella Sticks with Sauce
-Hot & Spicy Chicken Sandwich
-Italian Salad & Bosco Stick
-Deli Sandwich
 Cheesy Broccoli
 Orange Smiles
 Cold Milk

Friday, April 26

Lunch
-Soft Beef Tacos
-Fish Sticks & Cornbread Muffin
-Chef Salad & Bosco Stick
-Deli Sandwich
 Ranchero Beans
 Chilled Peaches
 Cold Milk



Monday, April 29

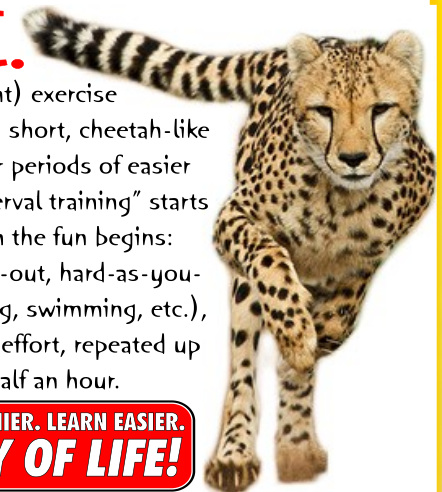
Lunch
-Sausage Pizza
-Corn Dog
-Popcorn Chicken Salad & Bosco Stick
-Deli Sandwich
 Seasoned Carrots
 Mixed Fruit
 Cold Milk

Tuesday, April 30

Lunch
-French Toast Sticks & Sausage
-Breaded Chicken Sandwich
-Italian Salad & Bosco Stick
-Deli Sandwich
 Green Beans
 Chilled Peaches
 Gogurt Yogurt
 Cold Milk

INTENSE.

The most effective (and time efficient) exercise for good cardio health is alternating short, cheetah-like bursts of intense activity with longer periods of easier effort. So-called "high intensity interval training" starts with a few minutes of warm-up, then the fun begins: 30-60 seconds of cheetah-style, all-out, hard-as-you-can-go, 100% effort (biking, running, swimming, etc.), followed by 3 or 4 minutes of 50% effort, repeated up to 5 or 6 times, for no longer than half an hour.



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