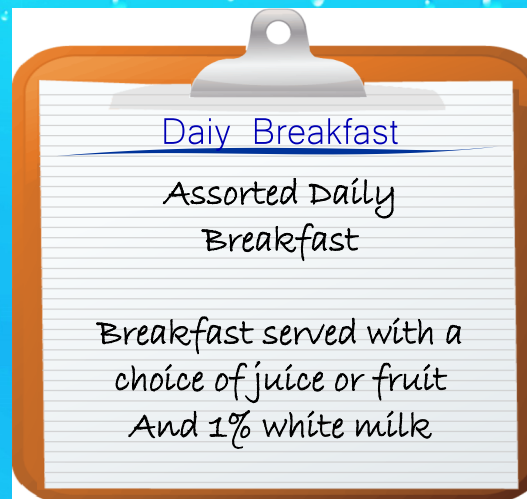




# Menus for April

## NACS Bobcat Cafe

This institution is an equal opportunity provider. Menus are subject to change.



### Friday, April 1

Stuffed Crust Pizza  
Garden Salad  
W/ Cucumber Coins  
Grape Tomatoes  
Lite Dressing  
Pears  
Milk Variety

### Monday, April 4

Mozzarella Sticks  
W/ Marinara Sauce  
WG Dinner Roll  
Green Beans  
Applesauce  
Milk Variety

### Tuesday, April 5

Chicken Tenders  
On WG Wrap  
Lettuce, Tomato,  
Cheese  
Seasoned Rice W/  
Vegetables  
Strawberries  
Milk Variety

### Wednesday, April 6

Brunch 4 Lunch  
French Toast  
Tornado  
W/ Sausage Link  
Syrup  
Hash Browns  
Tomato Juice  
Mandarin Oranges  
Milk Variety

### Thursday, April 7

Baked Cheese  
Ravioli  
WG Dinner Roll  
Steamed Corn  
Garden Salad  
W/ Lite Dressing  
Mixed Berries  
Milk Variety

### Friday, April 8

Stuffed Crust Pizza  
Spinach Salad  
W/ Cucumber Coins  
& Grape Tomatoes  
Lite Dressing  
Pears  
Milk Variety



## SPORTS HER WAY

Girls' participation in high school sports continues to grow -- and girls begin to form the habits of playing sports and staying fit in elementary school! Girls now make up 43% of all high school athletes, and girls who play high school sports are 73% more likely to graduate from college than girls who don't play a sport. The fastest growing high school sport in the U.S. is girls lacrosse, which showed a 53% jump in the number of participants during the 2010s.

### Monday, April 11

Grilled Chicken Club  
(Lettuce, Tomato,  
Cheese & Bacon)  
On WG Roll  
French Fries  
Strawberries  
Milk Variety

### Tuesday, April 12

Tacos  
With Meat Sauce  
Tortilla Chips  
Lettuce, Tomato,  
Cheese, Salsa  
Lite Sour Cream  
Mixed Berries  
Milk Variety

### Wednesday, April 13

Mini Corn Dogs  
Baked Beans  
Pasta Salad  
Applesauce  
Milk Variety

### Thursday, April 14

Pizza Logs  
w/ Sauce  
Garden Salad  
Cucumber Coins &  
Grape Tomatoes  
Lite Dressing  
Apple  
Milk Variety

### Friday, April 15





## Available Daily

Elementary School  
 Chef Salad  
 Chicken Nugget Lunch-able M/W/F  
 Pizza Lunch-able T/TH

M/H School  
 Chef Salad  
 Lunch-able  
 Chicken Wrap  
 Assorted Sub

Served with fruit  
 & milk variety



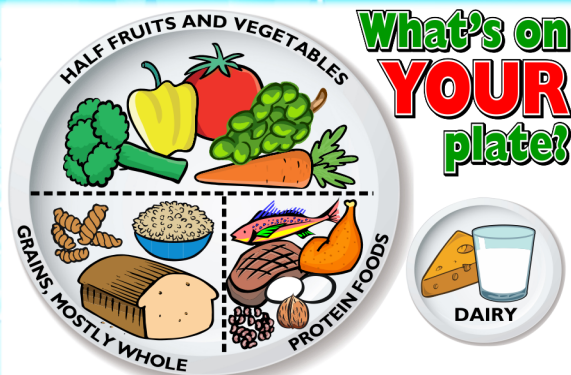
Every complete meal  
 we serve comes with  
 your choice of lowfat  
 or nonfat milk!

# S P R I N G B R E A K

Break begins at the end of classes:  
**Thursday, April 14**

Classes resume:  
**Monday, April 25**

# E N J O Y



## Don't get too juiced about your juice!

Juice boxes invaded America around 1980 and have since become required equipment for kids and parents everywhere. Juice is fine for kids, but many of the most popular juice boxes are mostly sugar, with very little juice. So make sure any juice kids (and adults, for that matter) drink is 100% fruit juice, and limit kids to 6-8 ounces a day. Kids should get most of their orange juice by eating an orange and should mostly drink water or milk.



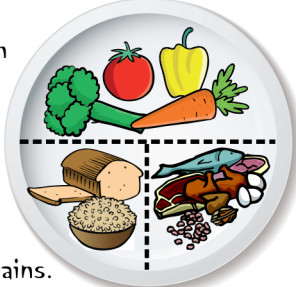
Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, April 25	Tuesday, April 26	Wednesday, April 27	Thursday, April 28	Friday, April 29
Chicken Nuggets W/ Dipping Sauces WG Goldfish Carrot Coins Peaches Milk Variety	Tacos With Meat Sauce Tortilla Chips Lettuce, Tomato, Cheese, Salsa Lite Sour Cream Mixed Berries Milk Variety	Rotini W/ Meat Sauce Cheese Bread Stick Green Beans Garden Salad W/ Lite Dressing Strawberries Milk Variety	Popcorn Chicken Topped W/ Mashed Potatoes Steamed Corn Home style Gravy WG Dinner Roll Applesauce Milk Variety	Stuffed Crust Pizza Spinach Salad W/ Cucumber Coins & Grape Tomatoes Lite Dressing Pears Milk Variety

One hundred ten years ago this month on the morning of April 15, 1912, the "unsinkable" Titanic sunk after hitting an iceberg just four days into its very first voyage. The ship was almost 900 feet long and 10 stories high, but it was no match for the iceberg -- it sank just 2½ hours after impact.

## DIVIDE AND PROSPER.

There's a simple way to make sure you're eating good proportions of the various foods you put on your dinner plate: half should be veggies and fruit, a quarter lean protein, and a quarter starch, which should mostly be from whole grains.



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