Lunch Includes:

- *Main or Alternate Entree
- *Choice of Vegetable Side
- *Choice of Fruit Side
- *1/2 Pint Milk







If writing a check, please make payable to: DOC Nutrition Services

Thursday Friday Monday Tuesday Wednesday **Happy Easter** 12 13 **Fiestada Honey BBO Riblets** Turkey Pasta with **Cheese Stuffed** & Cheese Sub with a Breadstick **Meat Sauce** Pizza **Breadsticks**

or A) Chicken Nuggets with a Roll **Carrot Sticks** with Dip Peaches or Seasonal

Fresh Fruit



& a Roll

or A) Hot Dog on a Bun

Green Beans or **Tossed Garden Salad Pears**

BBQ Potato Crisps

or A) Chicken Patty on a Bun

Corn or Tossed **Garden Salad** Raisins



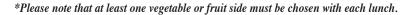
or A) Hamburger or Cheeseburger on a Bun

Baked Beans Sunshine Smoothie or Seasonal Fresh Fruit

with Marinara **Dipping Sauce**

or A) Cheese Pizza

Broccoli Strawberry Cup or Seasonal Fresh Fruit



SUBSTITUTION OF ITEMS MAY BE NECESSARY Look on the reverse side for three more weeks of menu selections!

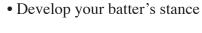


Stay Safe: Baseball



Baseball is a great way to stay fit and be active! Yet as you get older, baseball becomes a little more challenging—pitchers can throw the ball a lot faster and hitters smack the ball with more power. That means injuries can be more serious if you get hit by a pitch or a batted ball. Older children can run faster, too, so you've got to be extra alert when you're playing. No more looking at butterflies in the outfield! So to stay safe when playing baseball make sure to:

- Have the right gear
- Make sure to bring the gear with you
- Wear your helmet
- Warm up
- Stay alert—watch out for practice swings



- Never throw bats or helmets
- Keep your head up when running bases
- Know your position and call that ball
- Watch out for foul balls

