







April, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Calzone ¹⁶ or A) Chicken Nuggets with a Roll Carrot Sticks with Dip Applesauce Cup or Seasonal Fresh Fruit	Popcorn Chicken with Rice ¹⁷ <small>(optional Mandarin Orange Sauce)</small> or A) Corn Dog Broccoli or Tossed Garden Salad  Mandarin Oranges	Meatball Sub ¹⁸ or A) Popcorn Chicken with a Roll Potato Wedges Peach Cup or Seasonal Fresh Fruit	Walking Taco ¹⁹ <small>(Beef Taco Meat & Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans & Salsa)</small> or A) Hamburger or Cheeseburger on a Bun Corn or Tossed Garden Salad 100% Fruit Juice	Mac & Cheese with a Pretzel Rod ²⁰ or A) Cheese Pizza  Green Beans Pears or Seasonal Fresh Fruit
Salisbury Steak with Gravy & a Breadstick ²³ or A) Chicken Nuggets with a Roll Mashed Potatoes Strawberry Cup or Seasonal Fresh Fruit	Oven Baked Chicken with a Corn Muffin ²⁴ or A) Corn Dog Roasted Potatoes or Tossed Garden Salad Frozen Juice Cup	Pepperoni Pizza ²⁵ or A) Chicken Patty on a Bun  Carrots Apple Slices or Seasonal Fresh Fruit	Chicken Tenders ²⁶ or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Mixed Fruit	Breaded Mozzarella Sticks with Dipping Sauce ²⁷ or A) Cheese Pizza Green Beans Peaches or Seasonal Fresh Fruit BBQ Potato Crisps
Cheese Quesadilla with Salsa ³⁰ or A) Chicken Nuggets with a Roll Carrots Applesauce Cup or Seasonal Fresh Fruit	<div style="display: flex; justify-content: space-around; align-items: center;">  <div style="text-align: center;">  <h1 style="margin: 0;">SPRING</h1> </div>  </div>			

*Please note that at least one vegetable or fruit side must be chosen with each lunch.

SUBSTITUTION OF ITEMS MAY BE NECESSARY



10 Ways to Be a Good Sport

Have you ever played on a team with somebody who hated to lose? Or maybe you have a tough time if you lose anything—even a game of tic-tac-toe.

Some children find it extra-hard to lose, but everyone needs to learn how to do it. Learning to lose without losing your cool is a skill, like learning to ride a bike. You might not be able to do it at first, but over time it will get easier. And when you can handle losing, people will call you a good sport.

1. Be polite
2. Don't show off
3. Tell your opponents "good game"
4. Learn the rules
5. Listen to your coaches
6. Don't argue with an official
7. Don't make up excuses or blame a teammate
8. Be willing to sit out
9. Play fair and don't cheat
10. Cheer for your teammates



Information adapted from kidshealth.org

This institution is an equal opportunity provider.