

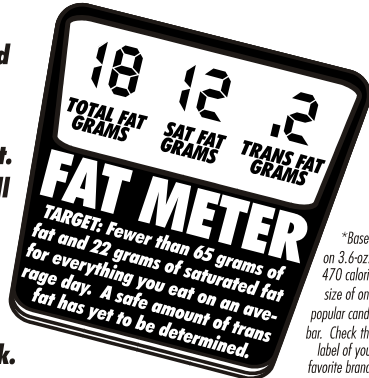
FIT FAT

WANNA STAY FIT?
FIGHT THE FAT!

ITEM: Candy Bar

VERDICT: Not snacktastic

TIP: Don't be fooled by the ads. Candy isn't the best way to give yourself an energy boost. Candy bars get nearly all of their (many) calories from fat and added sugar, and candy bars should be a treat, rather than a daily snack.



*Based on 3.6-oz., 470 calorie size of one popular candy bar. Check the label of your favorite brand.

- - - - LUNCH PRICES - - - -

Variety of sandwiches, pizza, salads, fresh fruits, snack foods & beverage items.
Student \$2.50 Milk-\$0.50 Adult-\$3.25

- - - - BREAKFAST PRICES - - - -

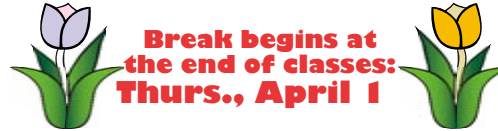
Variety of breakfast sandwiches, cereals, granola bars, fresh fruit, juice/beverages
Student Breakfast \$1.25 Milk-\$0.50
Adult Breakfast \$2.25

Pay on-line @ www.lunchprepay.com

* Menus subject to change

Featured Specials of the Day

SPRING BREAK



Break begins at the end of classes:
Thurs., April 1

**Classes resume:
Monday, April 12**

Monday, April 12

Mini Corn Dogs

Tuesday, April 13

Chicken Tenders w/Warm Breadstick

Wednesday, April 14

Steak Hoagie

Thursday, April 15

Open Face Turkey
w/Mashed Potatoes & Gravy

Friday, April 16

Cheese Filled Breadsticks

Monday, April 19

Pork BBQ Sandwich w/Saratoga Chips

Tuesday, April 20

Cincinnati Style Chili Spaghetti
w/Shredded Cheese, Oyster Crackers

Wednesday, April 21

Breaded Mozzarella Cheese Sticks
w/Pizza Sauce

Thursday, April 22

Chicken Nuggets
w/Mashed Potatoes & Gravy

All lunch combos include entrée,
choice of fruit, vegetable and milk.

GET IT IN YOU.

OK, this is big. Really big. So listen up. Fiber is found naturally in whole grains, fruits, and vegetables and is added to many other foods. It's good for you. Really good. **SO EAT MORE FIBER.**

FIBER

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

Featured Specials of the Day

Friday, April 23

Variety of Pizza Selections

Monday, April 26

Walkin' Taco

Tuesday, April 27

Cook's Choice

Wednesday, April 28

Brunch for Lunch

Thursday, April 29

Spaghetti w/Meat Sauce, Texas Toast

Friday, April 30

Shrimp Poppers w/Cocktail Sauce

All lunch combos include entrée,
choice of fruit, vegetable and milk.