

# APRIL

MUMFORD

Milk and an Uncrustable Grab N' Go will be offered with every meal.

## STAY ACTIVE



Sometimes watching TV or playing video games sounds a lot more fun than staying active, but see below for the many benefits to physical activity that you can't get staring at a screen.

- Sleep well at night
- Move around more easily
- Have stronger muscles and bones
- Avoid diseases later in life
- Feel better about yourself
- Decrease your chances of becoming depressed

Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked Ziti with Garlic Toast or Pizza Fresh Garden Salad Steamed Baby Carrots Fruit Dessert	4 Street Tacos <i>Chicken Fajitas or Grilled Beef in a Soft Corn Tortilla</i> Rice and Beans Lettuce & Tomato Homemade Salsa Fruit Cup	5 Chicken & Waffles or Steak Fingers with Roll Mashed Potatoes Seasoned Vegetable Fruit Cup	6 Asian Bowl with Fried Rice or Popcorn Chicken Steamed Broccoli Oriental Blend Vegetables Fruit Salad	7 <i>Enjoy Your Day Off!!</i>
10 Spaghetti with Meat Sauce and Garlic Toast or Choice of Pizza Seasoned Green Beans Side Salad Fruit Cup	11 Nachos Refried Beans Tossed Salad Spanish Rice Homemade Salsa Fresh Apple	12 Country Bowl or Country Bucket Hot Roll Steamed Broccoli Fruit Cup	13 Corn Dogs or Croissantwich Macaroni & Cheese Carrot Dippers Seasoned Vegetables Fruit Cup	14 Chicken Sandwich or Bacon Cheese Burger Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit
17 Lasagna with Breadstick or Choice of Pizza Seasoned Vegetables Garden Salad Fruit Cup	18 Tacos or Crisпитos Pinto Beans Spanish Rice Homemade Salsa Lettuce & Tomato Oranges Smiles	19 Steak Fingers or Chicken Nuggets with Hot Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apple Sauce	20 Stuffed Baked Potatoes or Hot Dog Choice of Chips Carrot Dippers Steamed Broccoli Frozen Fruit Treat	21 Cheese Burger or BBQ Sub Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit
24 Chicken Alfredo with Garlic Bread or Choice of Pizza Glazed Carrots Seasoned Vegetables Fruit Dessert	25 Totchos or Crisпитos Pinto Beans Garden Fresh Salad Spanish Rice Homemade Salsa Fruit Cup	26 Meatloaf or Chicken Strips with Hot Roll Mashed Potatoes Seasoned Green Beans Berries & Cream	27 Asian Bowl with Fried Rice or Popcorn Chicken Steamed Broccoli Oriental Blend Vegetables Fruit Salad	28 Chicken Sandwich or Cheese Burger Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit

## Breakfast

An option of cereal & toast, fresh fruit or fruit cup and a choice of juice and milk are also offered every day.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week of 4/3 & 4/17	Breakfast on Bun	French Toast Sticks	Bacon & Eggs w/ Toast	Pancake Wrap	Biscuits & Gravy
Week of 4/10 & 4/24	Breakfast Bowl	Banana Bread	Eggs & Sausage w/ Toast	Breakfast Pizza	Fruit Frudel