

Menus for APRIL 2010



Our Lady of Victory Middle School

This institution is an equal opportunity provider and employer.

Available Daily!

Milk Choices

Fat Free and Reduced Fat White
Low Fat Chocolate, Strawberry,
and Vanilla

Side Dishes

Fresh & Canned Fruit
100% Juice

A complete meal includes an entree, up to 2 different side dishes, and a milk. At least an entree and 1 other item must be chosen or the a la carte prices will be charged.

Lunch - \$2.45 Milk Only - \$.50
Bottled Water - \$.80 Flavored Water - \$1.25
Snacks - \$.65

Free and reduced priced meals are available for eligible families.
Applications are available at the school office.

Menus are subject to change.

4 By the numbers

per mile driven, teen drivers ages 16 to 19 are four times more likely to crash than older drivers

Monday, April 5

No School - Easter Vacation

Tuesday, April 6

Choose One Entree:

- 1) Cheese Quesadillas
- 2) Deli Turkey on Whole Wheat
- 3) 2 for Tuesday Hot Dogs
- 4) Chef Salad & Roll

Choose Up to Two Different Side Dishes:

Crisp Veggie Selections Warm Cinnamon Apples Assorted Fruits & Juices

Wednesday, April 7

Choose One Entree:

- 1) Cheese Ravioli & Breadstick
- 2) Deli Turkey on Wheat
- 3) Cheese or Pepperoni Pizza
- 4) Chef Salad & Breadstick

Choose Up to Two Different Side Dishes:

Fresh Tossed Salad Creamy Pudding Assorted Fruits & Juices

Thursday, April 8

Choose One Entree:

- 1) Warm Ham & Cheese Pretzel
- 2) Deli Turkey on Wheat
- 3) Chicken Patty Sandwich
- 4) Chef Salad & Roll

Choose Up to Two Different Side Dishes:

Crisp Veggie Selections Zesty Pasta Salad Assorted Fruits & Juices

Friday, April 9

Choose One Entree:

- 1) Hamburger on Wheat Roll
- 2) Deli Turkey on Wheat
- 3) Personal Pan Pizza
- 4) Grilled Chicken Salad & Roll

Choose Up to Two Different Side Dishes:

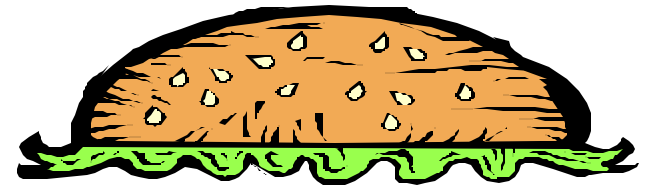
Crisp Veggie Selections Baked Nacho Doritos Assorted Fruits & Juices

NAME Dropping

Lady Gaga's real name is Stefani Germanotta. She entered New York University's well-known



Tisch School of the Arts at the age of 17 to study music, and was soon performing around the city. She took her performing name from the song "Radio GaGa," an early 80's hit by the rock band Queen.



NUTRITION GO

Moderation and variety are the keys to healthy eating habits. A burger, taco, or piece of pizza may contain more than 30% calories from fat.

But when paired with lowfat chocolate milk, a piece of fruit, and carrot sticks with lowfat dip, the entire meal can be quite healthy.

A TASTY MORSEL FOR TEENAGERS

Monday, April 12

Choose One Entree:

- 1) Stuffed Baked Potato & Biscuit
- 2) Egg Roll & Steamed Rice
- 3) Chicken Nuggets & Biscuit
- 4) Chef Salad & Biscuit

Choose Up to Two Different Side Dishes:

Golden Corn Fruit Roll Up Assorted Fruits & Juices

Tuesday, April 13

Choose One Entree:

- 1) Italian Dinkers
- 2) Berry Kix & Yogurt
- 3) 2 for Tuesday Hot Dogs (1 or 2)
- 4) Chef Salad & Roll

Choose Up to Two Different Side Dishes:

Fresh Tossed Salad Mozzarella Sticks Assorted Fruit & Juice

Wednesday, April 14

Choose One Entree:

- 1) Oven Baked Chicken
- 2) Berry Kix & Yogurt
- 3) Cheese or Pepperoni Pizza
- 4) Chef Salad & Roll

Choose Up to Two Different Side Dishes:

Crisp Veggie Selections Seasoned Brown Rice Assorted Fruit & Juice

Thursday, April 15

Choose One Entree:

- 1) Mini Maple Pancakes & Sausage
- 2) Berry Kix & Yogurt
- 3) Chicken Patty Sandwich
- 4) Chef Salad & Roll

Choose Up to Two Different Side Dishes:

Crisp Veggie Selections Potato Triangles Assorted Fruits & Juices

Friday, April 16

Choose One Entree:

- 1) Creamy Macaroni & Cheese
- 2) Berry Kix & Yogurt
- 3) French Bread Pizza
- 4) Grilled Chicken Salad & Roll

Choose Up to Two Different Side Dishes:

Crisp Veggie Selections Assorted Fruits & Juices Scooby Doo Snacks

April 22 marks the 40th Anniversary of the first Earth Day



Happy Earth Day to you!

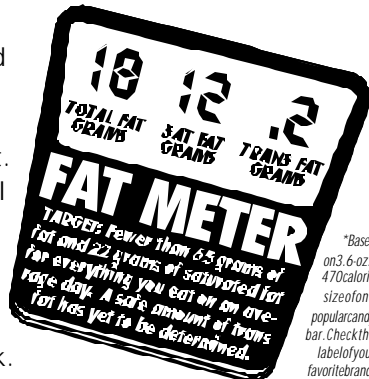
FIT FAT

Wanna stay fit?
FIGHT THE FAT!

ITEM: Candy Bar

VERDICT: Not snacktastic

TIP: Don't be fooled by heads. 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 for your favorite brand.

Monday, April 19
 Choose One Entree:
 1) Pepperoni Pizzas 2) Bean Burrito
 3) Chicken Nuggets & French Bread 4) Chef Salad & French Bread
 Choose Up to Two Different Side Dishes:
 Steamed Broccoli Assorted Fruit & Juice Fruit Juice Shape Up

Tuesday, April 20
 Choose One Entree:
 1) Cheesy Nachos 2) Deli Turkey Hoagie
 3) 2 for Tuesday Hot Dogs (1 or 2) 4) Chef Salad & Roll
 Choose Up to Two Different Side Dishes:
 Fresh Tossed Salad Soft Pretzel Assorted Fruit & Juice

Wednesday, April 21
 Choose One Entree:
 1) Spicy Chicken Tenders & Roll 2) Deli Turkey Hoagie
 3) Cheese or Pepperoni Pizza 4) Chef Salad & Roll
 Choose Up to Two Different Side Dishes:
 Fresh Veggie Selections Juicy Melon Slices Assorted Fruits & Juices

Thursday, April 22
 Happy Earth Day Bar!
 Top Your Own Baked Potato
 Diced Ham Grilled Chicken Cheddar Cheese Baked Beans
 Margarine Chili Sour Cream Cheesy Broccoli Zesty Pasta Salad
 Fresh Veggie Tray Dried Fruit Mix Juicy Grapes
 Dirt Sundaes

Friday, April 23
 Choose One Entree:
 1) Soft Taco 2) Deli Turkey Hoagie
 3) French Bread Pizza 4) Grilled Chicken Salad & Roll
 Choose Up to Two Different Side Dishes:
 Crisp Veggie Selections Cinnamon Churro Assorted Fruits & Juices

IT'S IN OUR HANDS!



United States
Census
2010

2010census.gov

The US Census count that happens this year determines how many legislators represent us in Congress and how much government funding we receive. That money is for critical community services like roads, parks, housing, schools, public safety and more.

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!

Monday, April 26
 Choose One Entree:
 1) Vegetable Soup & Roll 2) Bagel & Yogurt
 3) Chicken Nuggets & Roll 4) Chef Salad & Roll
 Choose Up to Two Different Side Dishes:
 Fresh Apple Slices Cheese Stick Assorted Fruits & Juices

Tuesday, April 27
 Choose One Entree:
 1) Pasta with Marinara Sauce 2) Deli Ham & Cheese Bagel
 3) 2 for Tuesday Hot Dogs (1 or 2) 4) Chef Salad & Roll
 Choose Up to Two Different Side Dishes:
 Fresh Tossed Salad Garlic Breadstick Assorted Fruits & Juices

Wednesday, April 28
 Choose One Entree:
 1) Chicken Fajita 2) Deli Ham & Cheese Bagel
 3) Cheese or Pepperoni Pizza 4) Chef Salad & Roll
 Choose Up to Two Different Side Dishes:
 Fresh Veggie Selections Mexican Rice Assorted Fruits & Juices

Thursday, April 29
 Choose One Entree:
 1) Popcorn Chicken & Goldfish Crackers 2) Deli Ham & Cheese Bagel & GF Crackers
 3) Grilled Cheese Sandwich & Goldfish Crackers 4) Chef Salad & Goldfish Crackers
 Choose Up to Two Different Side Dishes:
 Fresh Veggie Selections Creamy Tomato Soup Assorted Fruits & Juices

Friday, April 30
 Choose One Entree:
 1) Warm Cheese Pretzel 2) Deli Ham & Cheese Bagel
 3) Papa John's Pizza 4) Grilled Chicken Salad & Roll
 Choose Up to Two Different Side Dishes:
 Crisp Veggie Selections Assorted Fruits & Juices Juice Shape Up