

# April 2024



# St. Teresa School

This institution is an equal opportunity provider. Menus are subject to change.

## NUTRITION TO GO

Asparagus lovers debate whether thin or thick spears are better. The answer? It's really just a matter of personal preference. Thinner spears aren't younger or fresher - they just grow farther out from the central plant. Whether you like thick or thin, avoid shriveled stalks or mushy heads.

**A QUICK BITE FOR PARENTS**

**Tuesday, April 2**

*Lunch*  
 -French Toast Sticks & Sausage  
 -Toasted Cheese Sandwich  
 -Italian Salad & Bosco Stick  
 -Deli Sandwich  
 Green Beans  
 Chilled Applesauce  
 Gogurt Yogurt  
 Cold Milk

**Wednesday, April 3**

*Lunch*  
 -Chicken Nuggets & Macaroni  
 -BBQ Ribette Sandwich  
 -Chef Salad & Bosco Stick  
 -Deli Sandwich  
 Steamed Broccoli  
 Frozen Juice Cup  
 Cold Milk

**Thursday, April 4**

*Lunch*  
 -Bacon Cheeseburger  
 -Breaded Chicken Sandwich  
 -Italian Salad & Bosco Stick  
 -Deli Sandwich  
 French Fries  
 Chilled Pears  
 Cold Milk

**Friday, April 5**

*No Lunch*  
 Early Dismissal

**Monday, April 8**

*No School*

**Tuesday, April 9**

*Lunch*  
 -Popcorn Chicken & Roll  
 -Sloppy Joe on Bun  
 -Italian Salad & Bosco Stick  
 -Deli Sandwich  
 Mashed Potatoes & Gravy  
 Fresh Pear  
 Cold Milk

**Wednesday, April 10**

*Lunch*  
 -Cheeseburger  
 -Turkey & Cheese Wrap  
 -Chef Salad & Bosco Stick  
 -Deli Sandwich  
 Green Beans  
 Chilled Applesauce  
 Cold Milk

**Thursday, April 11**

*Lunch*  
 -Toasted Ravioli & Bosco Stick  
 -Hot & Spicy Chicken Sandwich  
 -Italian Salad & Bosco Stick  
 -Deli Sandwich  
 Fresh Salad  
 Chilled Peaches  
 Cold Milk

**Friday, April 12**

*Lunch*  
 -Soft Chicken Tacos  
 -Hamburger on Bun  
 -Chef Salad & Bosco Stick  
 -Deli Sandwich  
 Cheesy Refried Beans  
 Orange Smiles  
 Cold Milk



**Monday, April 15**

**Lunch**  
*-Chicken Quesadilla*  
*-Hot Dog on Bun*  
*-Popcorn Chicken Salad & Bosco Stick*  
*-Deli Sandwich*  
 Sweet Corn  
 Mixed Fruit  
 Cold Milk

**Tuesday, April 16**

**Lunch**  
*-Chicken Strips & Waffles*  
*-Ham & Cheese Croissant*  
*-Italian Salad & Bosco Stick*  
*-Deli Sandwich*  
 Candied Sweet Potatoes  
 Fresh Pear  
 Cold Milk

**Wednesday, April 17**

**Lunch**  
*-Baked Potato, Cheese, Margarine & Bosco Stick*  
*-Breaded Chicken Sandwich*  
*-Chef Salad & Bosco Stick*  
*-Deli Sandwich*  
 Green Beans  
 Chilled Peaches  
 Cold Milk

**Thursday, April 18**

**Lunch**  
*-Orange Chicken & Fried Rice*  
*-Hamburger on Bun*  
*-Italian Salad & Bosco Stick*  
*-Deli Sandwich*  
 Fresh Broccoli  
 Pineapple Tidbits  
 Fortune Cookie  
 Cold Milk

**Friday, April 19**

**No School**  
**Teacher Institute**



**Monday, April 22**

**Lunch**  
*-Pepperoni Pizza*  
*-Mini Corn Dogs*  
*-Popcorn Chicken Salad & Bosco Stick*  
*-Deli Sandwich*  
 Green Beans  
 Chilled Pears  
 Cold Milk

**Tuesday, April 23**

**Lunch**  
*-Sausage, Egg & Cheese Croissant*  
*-Turkey & Cheese Wrap*  
*-Italian Salad & Bosco Stick*  
*-Deli Sandwich*  
 Emoji Potatoes  
 Chilled Applesauce  
 Cold Milk

**Wednesday, April 24**

**Lunch**  
*-Popcorn Chicken, Pretzel Bites & Cheese Sauce*  
*-Sloppy Joe Sandwich*  
*-Chef Salad & Bosco Stick*  
*-Deli Sandwich*  
 Baby Carrots  
 Frozen Juice Cup  
 Cold Milk

**Thursday, April 25**

**Lunch**  
*-Mozzarella Sticks with Sauce*  
*-Hot & Spicy Chicken Sandwich*  
*-Italian Salad & Bosco Stick*  
*-Deli Sandwich*  
 Cheesy Broccoli  
 Orange Smiles  
 Cold Milk

**Friday, April 26**

**Lunch**  
*-Soft Beef Tacos*  
*-Toasted Cheese Sandwich*  
*-Chef Salad & Bosco Stick*  
*-Deli Sandwich*  
 Ranchero Beans  
 Chilled Peaches  
 Cold Milk



**Monday, April 29**

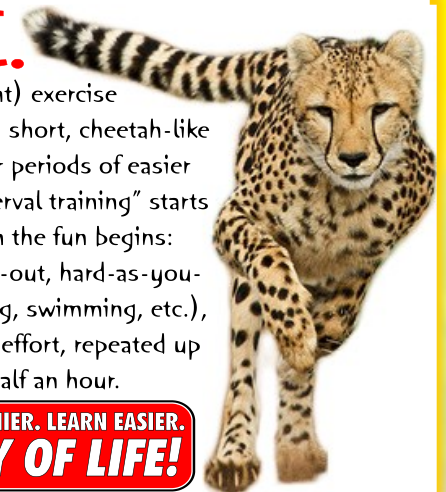
**Lunch**  
*-Sausage Pizza*  
*-Corn Dog*  
*-Popcorn Chicken Salad & Bosco Stick*  
*-Deli Sandwich*  
 Seasoned Carrots  
 Mixed Fruit  
 Cold Milk

**Tuesday, April 30**

**Lunch**  
*-French Toast Sticks & Sausage*  
*-Breaded Chicken Sandwich*  
*-Italian Salad & Bosco Stick*  
*-Deli Sandwich*  
 Green Beans  
 Chilled Peaches  
 Gogurt Yogurt  
 Cold Milk

# INTENSE.

The most effective (and time efficient) exercise for good cardio health is alternating short, cheetah-like bursts of intense activity with longer periods of easier effort. So-called "high intensity interval training" starts with a few minutes of warm-up, then the fun begins: 30-60 seconds of cheetah-style, all-out, hard-as-you-can-go, 100% effort (biking, running, swimming, etc.), followed by 3 or 4 minutes of 50% effort, repeated up to 5 or 6 times, for no longer than half an hour.



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