

Good Health Decisions



- *Drink-H2O, not Soda
- *Move-Exercise Daily



**March 2018
Crusader Café**



- *Sleep 8 Hours/Night
- *Snack on Fruit & Veg
- *Smile More, Stand Tall

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Teriyaki Beef Fried Rice Thai Cabbage Slaw Egg Roll Fruit Cup <i>Meatball Sub/Beef Burrito</i>	Stuffed Crust Cheese Pizza Tossed Garden Salad Fruit Cup <i>Fish Sand/Lentil Burger</i>
5	6	7	8	9
Chicken Tenders Mashed Potatoes Corn Wheat Roll Fruit Cup <i>Southwest Chicken</i>	Cheese Filled Breadsticks Marinara Sauce Caesar Salad Bean Salad Fruit Cup <i>Grilled Italian</i>	Turkey on Focaccia Spicy Spuds Cucumber Salad Fruit Cup <i>BBQ Rib/Beef Burrito</i>	Chicken Alfredo Broccoli Fruit Cup <i>Chicken Fried Steak</i>	Meatless Frito Chili Pie Red Pepper & Carrots Chunky Tomato Salsa Fruit Cup <i>Tuna Melt/Bean Burrito</i>
12	13	14	15	16
Italian Baked Chicken Roasted Green Beans Garlic Mashed Potatoes Wheat Roll Fruit Cup <i>Chicken Fried Steak</i>	Taco Salad Bowl Baby Carrots Cilantro Rice Refried Beans Fruit Cup <i>Meatball Sub</i>	Oriental Sesame Chicken Salad Wheat Roll Pork Eggroll Fruit Cup <i>Turkey Bacon Melt</i>	Wing Fling Soft Pretzel Potato Cakes/Baked Beans Corn on the Cob Fruit Cup <i>Philly Cheesesteak</i>	Shrimp Poppers Mashed Potatoes Corn Fruit Cup <i>Bean & Cheese Burrito</i>
19	20	21	22	23
	S P R I N G	B U R G E R	A K	
26	27	28	29	30
Nachos Supreme Black Beans Salsa Fruit Cup <i>BBQ Rib</i>	Sweet & Sour Chicken Rice Broccoli Egg roll Fruit Cup <i>Grilled Italian</i>	Shrimp Poppers Mashed Potatoes Corn Fruit Cup <i>Bean&Cheese Burrito</i>	Spaghetti & Meatballs California Vegetables Breadstick Fruit Cup <i>Turkey Bacon Melt</i>	Good Friday No School

Deli Sandwiches & Burgers are offered every day! Please select Fruit & Vegetables to make it a balanced meal!

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