

# Centerville Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 Homemade Salisbury Steak or Popcorn Chicken Hot Roll Mashed Potatoes Seasoned Green Beans Fruit Cup	2 Crispitos or Burritos Lettuce & Tomato Homemade Salsa Spanish Rice Refried Beans Pineapple Tidbits	3 Chicken & Waffles Fresh Carrots Steamed Vegetables Fruit Cup or BYSL	4 Chicken Spaghetti with Garlic Toast or Pizza Tossed Salad Seasoned Sweet Corn Frosty Fruit	5 Chicken Sandwich Basket or BBQ on Bun Basket with French Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit
8 Chicken Fried Steaks or Boneless Wings Hot Roll Roasted Potatoes Seasoned Vegetables Fruit Cup	9 Nachos Lettuce & Tomato Homemade Salsa Charro Beans Spanish Rice Rainbow Pears	10 Asian Bowl or Popcorn Chicken with Hot Roll Steamed Vegetables Glazed Carrots Fruit Cup	11 Chicken Parmesan with Garlic Stick or Pizza Steamed Broccoli Garden Fresh Salad Berries & Cream	12 Chees Burger or Hamburger Basket with Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit
15	16	17	18	19
<h2>Enjoy Your Spring Break!</h2>				
22 Steak Fingers or Chicken Nuggets Hot Roll Mashed Potatoes Sautéed Vegetable Fruit Cup	23 Tacos Lettuce & Tomato Homemade Salsa Refried Beans Spanish Rice Fruit Cup	24 <i>Soup, Sandwich, and Salad</i> Your choice of Soup and Sandwich with Fresh Salad Vegetable Dippers Baked Chips Orange Smiles	Italian Dippers or Pizza Seasoned Sweet Corn Italian Salad Colorful Apple Sauce	26 Cheese Burger Basket or Hot Dog Basket w/ Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit

### Importance of Staying Fit!

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

Every lunch includes a choice of milk.



Monday	Tuesday	Wednesday	Thursday	Friday
Biscuits & Gravy or Pancakes with Fruit Topping & Whipped Cream	Scrambled Eggs with Bacon & Toast or Ham & Cheese Croissant	Honey Bun with Sausage Link or Muffin & Yogurt	Breakfast Pizza or Chicken Biscuits	Oatmeal with Toast & Bacon or Pig in a Blanket

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

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