



Menus for April 2012

Jordan Small Middle School

This institution is an equal opportunity provider.

Available Daily!

Bagel Lunch

Deli Sandwich of the day

Salad Bar

**** Combine any one of the above Selections with veggie, fruit & milk For the complete meal price of \$2.25**

Featured Specials of the Day

Monday, April 2

Bosco Sticks served with soup
wg goldfish crackers, green beans, peaches
milk choices - low fat white or fat free white or choc

Tuesday, April 3

Meatball Sub
sweet potato fries, tossed salad, fresh apple
milk choices - low fat white or fat free white or choc

Wednesday, April 4

Chicken Parmesan served w/ wg pasta
wg breadstick, carrot sticks & sunflower butter, trail mix
milk choices - low fat white or fat free white or choc

Thursday, April 5

Make your own Taco
served w/ spicy meat, shredded cheese, lettuce, tomato, black olives, etc
Black Bean Salad, spanish rice, pears
milk choices - low fat white or fat free white or choc

Friday, April 6

School Baked Pizza
broccoli salad, orange wedges
milk choices - low fat white or fat free white or choc

Fenway Park in Boston is home to the famous "Green Monster," a 37-foot high wall in left field. Fenway is the oldest Major League stadium, having opened 100 years ago on April 20, 1912 -- just 5 days after the Titanic sank!



MISNOMER.

A "misnomer" is an inaccurate or misleading name for something. Take "energy" drinks, for example. They don't really provide energy, but rather stimulation, largely from chemical compounds like caffeine. That's why the American Academy of Pediatrics believes that teens shouldn't drink them.



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

Featured Specials of the Day

Monday, April 9

Chicken & Cheese quesadilla
Pasta salad w/ corn & black beans, salsa, fresh apple
milk choices - low fat white or fat free white or choc

Tuesday, April 10

Popcorn Chicken
brown rice, baked beans, veggie cups w/ broccoli, cauliflower and baby carrots, melon
milk choices - low fat white or fat free white or choc

Wednesday, April 11

Ham & Cheese Flatbread
served w/ cup of chicken noodle soup
Carrot Fries, Peaches
milk choices - low fat white or fat free white or choc

Thursday, April 12

Chicken & Rotini Pasta Salad w/ wg breadstick
Romaine Lettuce & sliced tomato, trail mix cookie
milk choices - low fat white or fat free white or choc

Friday, April 13

School Choice Pizza
tossed salad, banana
milk choices - low fat white or fat free white or choc



SPORTS HER WAY

Girls' participation in high school sports continues to grow. Girls now make up 41% of all high school athletes, and girls who play high school sports are 40% more likely to graduate from college than girls who don't play a sport. The fastest growing high school sport in the U.S. is girls lacrosse, which showed a 9% jump in the number of participants for 2011.

PLEASE SEE REVERSE SIDE FOR ITEMS AVAILABLE EVERY DAY

SPRING
 BREAK
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last day of classes:
 Friday, April 13

classes resume:
 Monday, April 23

SPRING BREAK

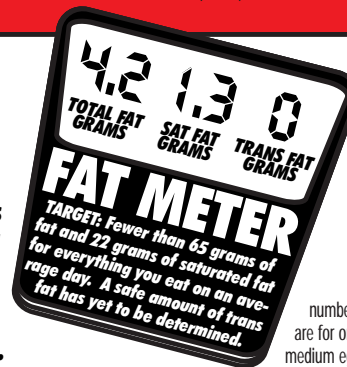
WANNA STAY FIT?

FIGHT THE FAT!



ITEM: Hard-boiled Eggs
VERDICT: Can't be Beat

TIP: Although most hard-boiled eggs aren't as ornate as this one, you find a lot of them around this time of year. And when you see one, you should eat it -- whether it's decorated or not. A hard-boiled egg is a convenient, inexpensive source of high-quality protein, with just a little fat and not a lot of calories.



numbers are for one medium egg



One hundred years ago this month, on the morning of April 15, 1912, the "unsinkable" Titanic sank after hitting an iceberg just four days into its very first voyage. The ship was almost 900 feet long and 10 stories high, but it was no match for the iceberg -- it sank just 2½ hours after impact.

Featured Specials of the Day

Monday, April 23

Grilled Cheese & cup of soup
 w/ goldfish crackers
 peas, orange wedges, milk choices
 low fat white, fat free white, fat free chocolate

Tuesday, April 24

Asian Rice Bowl
 oriental chicken, served w/ stir fried veggies & brown rice
 snap peas, pineapple chunks, fortune cookie
 milk choices: low fat white, fat free white, fat free chocolate

Wednesday, April 25

Make your own sub
 BLT pasta salad, baby carrots, fresh apple
 milk choices: low fat white, fat free white, fat free chocolate

Thursday, April 26

Hamburger on a bun w/ lettuce, tomato & pickles on the side
 sweet potato waffle fries, mixed veggies, mixed fruit
 milk choices: low fat white, fat free white, fat free chocolate

Friday, April 27

Big Daddy's Pizza
 tossed salad w/ romaine, spinach, cukes, carrots & grape tomatoes
 grapes, milk choices

Monday, April 30

Breakfast for lunch
 w/ waffle sticks served w/ baked ham
 sweet potato fries, applesauce, bug bite crackers, milk choices