



Menus for April 2012

Windham Middle School

This institution is an equal opportunity provider.

Available Daily!

Pizza Choices

Sandwiches Choices

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 pasta salad
pizza choices or salad bar
green beans, fruit choices

Tuesday, April 3

Grilled Chicken Veggie Wrap
pizza choices or salad bar
carrot sticks & sun butter, trail mix cookie, apple

Wednesday, April 4

Chicken Parmesan served w/ pasta & wg bread stick
pizza choices or salad bar
tossed salad, peaches

Thursday, April 5

Make your own Taco
pizza choices
spanish rice, black bean salad, fruit choices

Friday, April 6

Meatball Sub
pizza choices or salad bar
spicy sweet potato fries, fruit & veggie choices

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

Cheese quesadilla
pizza choices or salad bar
black bean salad, fruit choices

Tuesday, April 10

Popcorn Chicken
Pizza Choices or Salad Bar
brown rice, mixed vegetables, orange wedges

Wednesday, April 11

Grilled Ham & Cheese Panini
served w/ cup of chicken noodle soup
Pizza Choices or Salad Bar
cole slaw, fruit choices

Thursday, April 12

Chicken & Rotini Pasta Salad served w/ bread stick
Pizza Choices or Salad Bar
carrots & low fat dip, fruit choice

Friday, April 13

Make your own sub bar
Pizza choices
fruit & veggie choices



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

SENIOR WOMEN



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 served w/ cup of soup & wg goldfish crackers

Pizza choices or Salad bar

peas, orange wedges, milk choices

Tuesday, April 24

Asian Rice Bowl

oriental chicken, served w/ stir fried veggies & brown rice
pizza choices or salad bar

snap peas, pineapple chunks, fortune cookie, milk choices

Wednesday, April 25

Make your own sub

pizza choices or salad bar

BLT pasta salad, baby carrots, fresh apple, milk choices

Thursday, April 26

Bacon Cheeseburger (made w/ local beef) on a bun
served w/ lettuce, tomato & pickles on the side

pizza choices or salad bar

sweet potato waffle fries, mixed veggies, mixed fruit, milk choices

Friday, April 27

Spicy Chicken ranch wrap or Pizza choices served
w/ salad bar w/ romaine, spinach, cukes, carrots & grape tomatoes
grapes, milk choices

Monday, April 30

Breakfast for lunch

wg waffle sticks served w/ baked ham

pizza choices or salad bar

sweet potato fries, applesauce, bug bite crackers, milk choices