



# Menus for April 2012

Windham High School

This institution is an equal opportunity provider.

## Available Daily!

**Pizza Choices**

**Sandwiches Choices**

**Sandwich/Salad Bar**

**\*\* Combine any one of the above Selections with veggie, fruit & milk For the complete meal price of \$2.50**

## Featured Specials of the Day

### Monday, April 2

Bosco Sticks served with pasta salad  
pizza choices or sandwich/ salad bar  
green beans, fruit choices

### Tuesday, April 3

Grilled Chicken Veggie Wrap  
pizza choices or sandwich/salad bar  
carrot sticks & sunbutter dip, trail mix cookie, fresh apple

### Wednesday, April 4

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

### Thursday, April 5

Taco served on a soft tortilla  
pizza choices or sandwich/salad bar  
spanish rice, black bean salad, fruit choices

### Friday, April 6

Meatball Sub  
pizza choices or sandwich/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

Chicken or Cheese quesadilla  
pizza choices or sandwich/ salad bar  
black bean salad, fruit choices

### Tuesday, April 10

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

### Wednesday, April 11

Grilled Ham & Cheese Panini  
served w/ cup of soup

Pizza Choices or sandwich/Salad Bar  
cole slaw, fruit choice

### Thursday, April 12

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

### Friday, April 13

Cook's choice  
Pizza choices or sandwich/salad bar  
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

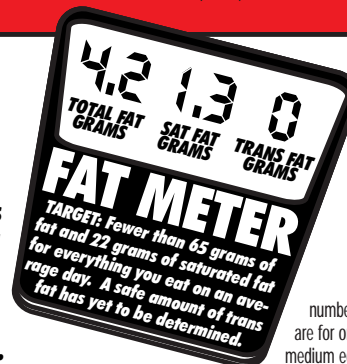
WANNA STAY FIT?

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 & w/ goldfish crackers

Pizza choices or Sandwich/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 sandwich/salad bar

snap peas, pineapple chunks, fortune cookie, milk choices

**Wednesday, April 25**

Chicken Fajita on a soft tortilla

pizza choices or sandwich/salad bar

spanish rice, black bean salad, 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**

BBQ Pulled Pork Sandwich on slider bun

Pizza choices or sandwich/ salad bar

cole slaw, baked potato wedges, grapes, milk choices

**Monday, April 30**

Hot Dog on a bun served w/ baked beans

pizza choices or sandwich/salad bar

sweet potato fries, fresh fruit choice, milk choices