



April



Monday	Tuesday	Wednesday	Thursday	Friday	<p>SCHOOL OF HOPE</p> <p>**One Milk is included in all paid lunches</p> <p>Lunch Prices Students under 13 - \$2.35 Students 13 & up - \$2.60 Extra Milk \$.35</p> <p>NO PRESCHOOL THURSDAY 4/12 AND FRIDAY 4/13</p>
<p>2</p> <p>No School</p>	<p>3</p> <p>Scrambled Eggs Sausage Orange Juice Hash Brown</p>	<p>4</p> <p>Salisbury Steak Green Beans Diced Peaches</p>	<p>5</p> <p>Chicken Parm.Sandwich Celery & Carrot Sticks w/Ranch Diced Pears</p>	<p>6</p> <p>Hamburger w/Bun Fries Green Peas Pears</p>	
<p>9</p> <p>Sausage & Egg Sandwich Hashbrowns Orange Juice</p>	<p>10</p> <p>Hot Dog w Bun Fries Baked Beans</p>	<p>11</p> <p>Spaghetti w/Meatballs Bread Sticks Corn Diced Peaches</p>	<p>12</p> <p>Pancake/Sausage Stick Hash Browns Orange Juice</p>	<p>13</p> <p>Hamburger w/Tater Tots Fruit cocktail Green beans</p>	
<p>16</p> <p>Bosco Sticks w/Marinara Steamed Carrots Banana</p>	<p>17</p> <p>PB & J Sandwich Carrot Sticks w/Ranch Diced Pears</p>	<p>18</p> <p>Pancake Festival</p>	<p>19</p> <p>BBQ Pulled Pork Sandwich Apple Sauce Spiced Apples</p>	<p>20</p> <p>Tacos w Refried Beans Corn Fruit Cocktail</p>	
<p>23</p> <p>Sausage & Egg Sandwich - O..J. Hashbrowns</p> <p>30</p> <p>Grilled Cheese w/Tomato Soup Diced Pears</p>	<p>24</p> <p>Hotdog w/ Bun Baked Beans Diced Peaches</p>	<p>25</p> <p>Bosco Sticks w/Marinara Salad Fruit Cocktail</p>	<p>26</p> <p>Chicken Chunks w/ Dipping Sauce Steamed Broccoli</p>	<p>27</p> <p>Spaghetti w/Meatballs Bread Stick Salad Apple Sauce</p>	
<p>NO SCHOOL Monday, April 2 Spring Break</p>					

#TrendingTopic

eating clean



Eating clean is simply the practice of avoiding processed and refined foods and basing your diet on whole foods. But there is so much more to the plan. You can structure it to get proper nutrition, help manage diseases, avoid developing diseases in the first place, lose weight, remove toxins, and just feel better.

The basic principles of eating clean involved not only choosing the right foods to eat but also avoiding all of the junk foods and processed foods that are so readily available. The keys to good health and proper nutrition are in the following principles:

* Limit Processed Foods

Many processed foods are full of excess sodium, sugar and fat. If the list of ingredients are too long or contain things you can't pronounce, try to stay away from it and make healthier homemade versions instead.

* Eat Whole Foods

Whole foods are foods that haven't been tampered with in a lab or manufacturing plant—in other words “straight from the farm”. Whole fruits and vegetables, whole grains, grass-fed and free-range meats, low fat dairy, unsalted nuts and seeds.

* Eliminate Refined Sugar

Refined sugar provides nothing but calories. You can clean up your diet by cutting down on sweets like soda, candy and baked goods. But also keep an eye on sugars added to healthier foods like yogurt, tomato sauce and cereal.

* Eat Less Meat

Eating clean doesn't mean giving up meat entirely, but eating less meat can help eliminate extra saturated fat from your diet.

* Cook Your Own Meals

Instead of buying meals in a box, cook meals from scratch. It is not as hard as it sounds. Clean, whole foods need little preparation beyond chopping and sautéing to make a satisfying, delicious meal

* Cut Back On Salt

Eating too much salt can increase your blood pressure and cutting processed foods will help eliminate sodium. Instead of adding salt while you cook, flavor with herbs and spices, citrus and vinegar.

HOW WHOLE FOODS AND EATING CLEAN HELP YOU STAY HEALTHY!

What you eat really does have an effect on how you feel. Eating whole foods and avoiding junk food can keep you healthy or help you regain your health if you haven't been well.

- ◆ It is easier to maintain a healthy weight, which reduces the risk of several diseases.
- ◆ Eating a good variety of foods ensures you get adequate amounts of most essential nutrients.
- ◆ Relying on whole foods is the best way to get a good combination of micronutrients.
- ◆ Whole foods keep you satisfied longer so you're less tempted by junk foods.
- ◆ Foods high in micronutrients can help reduce cholesterol levels and regulate blood sugar.
- ◆ Avoiding artificial ingredients keeps your cells strong so your body systems work efficiently.