

# April 2019

Type Your School Name Here

## LUNCH



**School Information:** All grain foods are 50% whole grain to meet USDA regulations. USDA is an equal opportunity provider and employer! Milk with every meal!



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods..  
**\*5th-12th have a second entrée choice!**  
**9th-12th have a third entrée choice of pizza every day!**



### Monday

Sausage pizza **1**  
**\*Cheese sticks w/ marinara**  
Mixed vegetables  
Tossed salad w/ranch  
Apple wedge/ Carmel

### Tuesday

Chicken drummies/roll **2**  
**\*Pizza crunchers / marinara**  
Sweet potato crunch  
Seasoned green beans  
strawberries & bananas

### Wednesday

Meat loaf w/roll **3**  
**\*Popcorn chicken w/roll**  
Mashed potato w/gravy  
Tossed salad w/ ranch  
Mixed fruit

### Thursday

Grilled chicken sandwich **4**  
**\*Cheeseburger**  
Smiley fries/ ketchup  
Carrot & celery stick w/ranch  
let/tom/pickle/ fresh fruit cup

### Friday

Crispito w/cheese toast **5**  
**\*Pizza stick**  
Pinto beans  
Tossed salad w/ ranch  
Diced pears

Chicken tenders / roll **8**  
**\*Crispito w/ cheese & roll**  
K-8-FF / 9-12 baked potato  
Steamed carrots  
Fresh red & green grapes

Pepperoni pizza **9**  
**\*Chicken nuggets / bread**  
Tossed salad w/ ranch  
Mixed vegetables  
Fresh fruit cup

Beef tacos w/ cheese **10**  
**\*Mini corndogs**  
Refried beans  
Let/ tom/salsa  
Frozen fruit cup/ cookie

Pizza crunchers / marina **11**  
**\*BBQ sandwich**  
Seasoned corn  
Coleslaw  
Diced peaches

Chicken alfredo w/roll **12**  
**\*Deli turkey sandwich**  
Seasoned green beans  
Tossed salad w/ ranch  
Pineapple chunks

Hamburger **15**  
**\*Chicken sandwich**  
French fries  
Let/tom/pick/mayo/must/ketc  
Diced pears

Chicken fajitas **16**  
**\*Mini corndogs**  
Let/ tom/ salsa  
Pinto beans  
Orange smiles / Wacky cake

Beef fingers / roll **17**  
**\*Chicken tenders**  
Mashed potatoes w/ gravy  
Tossed salad w/ ranch  
Frozen fruit cup

Cheesy beefy nacho **18**  
**\*Pepperoni pizza**  
Tossed salad w/ ranch  
Green beans  
Mandarin oranges

**19**  
NO SCHOOL

Chicken sandwich **22**  
**\*Cheeseburger**  
Sweet potato waffle fries  
Fresh fruit cup  
Let/tom/pickle

Baked ham/mac& chees **23**  
**\*Pizza crunchers/marinara**  
Black eyed peas/ cornbread  
Tossed salad w/ ranch  
Frozen fruit cup

Mini corndogs **24**  
**\*Spicy chicken sandwich**  
Pinto beans  
Steamed carrots  
Mixed fruit / cookie

Sausage / Eggs **25**  
**\*Popcorn chicken**  
Hash browns / ketchup  
Biscuits / gravy  
Bell pepper strips / Juice

Crispito w / cheese /roll **26**  
**\*Chicken tenders / roll**  
Seasoned green beans  
Tossed salad w/ ranch  
Diced peaches

Corndogs **29**  
**\*Breaded chicken sandwich**  
Pinto beans  
Corn on the cob  
Mixed fruit

Stromboli **30**  
**\*Chicken drummies / roll**  
Green beans  
Steamed carrots  
Apple wedge w/ carmel

