

## FUEL ANALYSIS: Avg. Calories: 675 Calories

Calories From Protein: 20% Carbs: 55% Fat: 25% Sat. Fat: 9%

PBJ sandwich with cheese stick and crackers/pretzels offered daily as an entree choice

| 1 MONDAY                                                                                                                                                                                                                                                                                                                                                                               | 2 TUESDAY                                                                                                                                                                                                                                                                                                                                                                         | 3 WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                     | 4 THURSDAY                                                                                                                                                                                                                                                                                                                                                       | 5 FRIDAY                                                                                                                                                                                                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>HOT CHOICE:</b><br/>Sweet &amp; Sour Chicken with Fried Rice and Egg Roll<br/>Asian Vegetables<br/>Steamed Broccoli</p> <p><b>COLD CHOICES:</b><br/>PBJ Sandwich with Cheese Stick and Pretzels or Crackers<br/><b>-OR-</b><br/>Chicken Caesar with Biscuit or Pretzel Breadstick</p> <p>Baby Carrots<br/>Celery Sticks</p> <p>All Meals Include:<br/>Fruit and Milk Choices</p> | <p><b>HOT CHOICE:</b><br/>Taco in a Bag with Fixings<br/>Steamed Brown Rice<br/>Refried Beans<br/>Baby Carrots</p> <p><b>COLD CHOICES:</b><br/>Turkey and Ranch Wrap with Pretzels<br/><b>-OR-</b><br/>Chicken Ranch Salad with Biscuit or Pretzel Breadstick</p> <p>Roasted Garbanzo Beans or Hummus with Celery Sticks</p> <p>All Meals Include:<br/>Fruit and Milk Choices</p> | <p><b>HOT CHOICE:</b><br/>Oven Fried Drumstick with Mashed Potatoes and Gravy<br/>Warm Biscuit<br/>Steamed Broccoli</p> <p><b>COLD CHOICES:</b><br/>Turkey/Cheese Hoagie with Baked Chips<br/><b>-OR-</b><br/>Asian Chicken Salad with Biscuit or Pretzel Breadstick</p> <p>Golden Corn<br/>Cucumber Slices</p> <p>All Meals Include:<br/>Fruit and Milk Choices</p>                                                            | <p><b>HOT CHOICE:</b><br/>Pasta with Meat Sauce and Garlic Toast<br/>Green Beans<br/>Steamed Carrots</p> <p><b>COLD CHOICES:</b><br/>Chicken Salad Sandwich with Baked Chips<br/><b>-OR-</b><br/>Chef Salad with Biscuit or Pretzel Breadstick</p> <p>Baby Carrots<br/>Fresh Broccoli</p> <p>All Meals Include:<br/>Fruit and Milk Choices</p>                   | <h1>NO SCHOOL</h1>                                                                                                                                                                                                                                                                                                                      |
| 8 MONDAY                                                                                                                                                                                                                                                                                                                                                                               | 9 TUESDAY                                                                                                                                                                                                                                                                                                                                                                         | 10 WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                    | 11 THURSDAY                                                                                                                                                                                                                                                                                                                                                      | 12 FRIDAY                                                                                                                                                                                                                                                                                                                               |
| <p><b>HOT CHOICE:</b><br/>Cinnamon French Toast with Cheese Omelet<br/>Potato Choice<br/>Baby Carrots</p> <p><b>COLD CHOICES:</b><br/>PBJ Sandwich with Cheese Stick and Pretzels or Crackers<br/><b>-OR-</b><br/>Chicken Caesar with Biscuit or Pretzel Breadstick</p> <p>Baby Carrots<br/>Celery Sticks</p> <p>All Meals Include:<br/>Fruit and Milk Choices</p>                     | <p><b>HOT CHOICE:</b><br/>Mini Corn Dogs with Oven Fries<br/>Vegetarian Baked Beans</p> <p><b>COLD CHOICES:</b><br/>Egg Salad Sandwich with Baked Chips<br/><b>-OR-</b><br/>Chicken Ranch Salad with Biscuit or Pretzel Breadstick</p> <p>Roasted Garbanzo Beans or Hummus with Celery Sticks</p> <p>All Meals Include:<br/>Fruit and Milk Choices</p>                            | <p><b>HOT CHOICE:</b><br/>Oven Fried Drumstick with Mashed Potatoes and Gravy<br/>Warm Biscuit<br/>Golden Corn</p> <p><b>COLD CHOICES:</b><br/>Turkey/Cheese Hoagie with Baked Chips<br/><b>-OR-</b><br/>Asian Chicken Salad with Biscuit or Pretzel Breadstick</p> <p>Golden Corn<br/>Cucumber Slices</p> <p>All Meals Include:<br/>Fruit and Milk Choices</p>                                                                 | <p><b>HOT CHOICE:</b><br/>Garlic Cheesy Bread with Sauce<br/>Caesar Side Salad<br/>Steamed Carrots</p> <p><b>COLD CHOICES:</b><br/>Deli Turkey Sandwich with Baked Chips<br/><b>-OR-</b><br/>Chef Salad with Biscuit or Pretzel Breadstick</p> <p>Baby Carrots<br/>Fresh Broccoli</p> <p><b>DESSERT</b></p> <p>All Meals Include:<br/>Fruit and Milk Choices</p> | <p><b>HOT CHOICE:</b><br/>Breaded Chicken Breast<br/>Sandwich with Fixings<br/>Oven Fries<br/>Hot Vegetable Choice</p> <p><b>COLD CHOICES:</b><br/>Chicken Caesar Wrap with Pretzels<br/><b>-OR-</b><br/>Taco Salad with Dinner Roll</p> <p>Fresh Cauliflower<br/>Baby Carrots</p> <p>All Meals Include:<br/>Fruit and Milk Choices</p> |
| 15 MONDAY                                                                                                                                                                                                                                                                                                                                                                              | 16 TUESDAY                                                                                                                                                                                                                                                                                                                                                                        | 17 WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                    | 18 THURSDAY                                                                                                                                                                                                                                                                                                                                                      | 19 FRIDAY                                                                                                                                                                                                                                                                                                                               |
| <p><b>HOT CHOICE:</b><br/>Cheeseburger with Oven Fries<br/>Vegetarian Baked Beans</p> <p><b>COLD CHOICES:</b><br/>PBJ Sandwich with Cheese Stick and Pretzels or Crackers<br/><b>-OR-</b><br/>Chicken Caesar with Biscuit or Pretzel Breadstick</p> <p>Baby Carrots<br/>Celery Sticks</p> <p>All Meals Include:<br/>Fruit and Milk Choices</p>                                         | <p><b>HOT CHOICE:</b><br/>Taco in a Bag with Fixings<br/>Steamed Brown Rice<br/>Refried Beans<br/>Baby Carrots</p> <p><b>COLD CHOICES:</b><br/>Turkey/Ranch Wrap with Pretzels<br/><b>-OR-</b><br/>Chicken Ranch Salad with Biscuit or Pretzel Breadstick</p> <p>Roasted Garbanzo Beans or Hummus with Celery Sticks</p> <p>All Meals Include:<br/>Fruit and Milk Choices</p>     | <p><b>HOT CHOICE:</b><br/><b>DOMINO'S PIZZA</b><br/><br/>Dinner Roll<br/>Hot Vegetable Choice</p> <p><b>COLD CHOICES:</b><br/>Egg Salad Sandwich with Baked Chips<br/><b>-OR-</b><br/>Asian Chicken Salad with Biscuit or Pretzel Breadstick</p> <p>Golden Corn<br/>Cucumber Slices</p> <p>All Meals Include:<br/>Fruit and Milk Choices</p> | <p><b>HOT CHOICE:</b><br/>Pizza Crunchers with Sauce<br/>Steamed Carrots<br/>Steamed Broccoli</p> <p><b>COLD CHOICES:</b><br/>Chicken Salad Hoagie with Baked Chips<br/><b>-OR-</b><br/>Chef Salad with Biscuit or Pretzel Breadstick</p> <p>Baby Carrots<br/>Fresh Broccoli</p> <p>All Meals Include:<br/>Fruit and Milk Choices</p>                            | <h1>NO SCHOOL</h1>                                                                                                                                                                                                                                                                                                                      |

# LUNCH

# APRIL 2019

| 22 MONDAY                                                                                                                                                                                                                                                                                                                                      | 23 TUESDAY                                                                                                                                                                                                                                                                                                                                                                   | 24 WEDNESDAY                                                                                                                                                                                                                                                                                                                                               | 25 THURSDAY                                                                                                                                                                                                                                                                                                                  | 26 FRIDAY                                                                                                                                                                                                                                                                                                                             |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>HOT CHOICE:</b><br/>Cheeseburger with Oven Fries<br/>Vegetarian Baked Beans</p> <p><b>COLD CHOICES:</b><br/>PBJ Sandwich with Cheese Stick and Pretzels or Crackers<br/><b>-OR-</b><br/>Chicken Caesar with Biscuit or Pretzel Breadstick</p> <p>Baby Carrots<br/>Celery Sticks</p> <p>All Meals Include:<br/>Fruit and Milk Choices</p> | <p><b>HOT CHOICE:</b><br/>Hot Turkey Ham and Cheese on Pretzel Roll<br/>Potato Choice<br/>Steamed Carrots</p> <p><b>COLD CHOICES:</b><br/>Chipotle Chicken Wrap with Pretzels<br/><b>-OR-</b><br/>Chicken Ranch Salad with Biscuit or Pretzel Breadstick</p> <p>Roasted Garbanzo Beans or Hummus with Celery Sticks</p> <p>All Meals Include:<br/>Fruit and Milk Choices</p> | <p><b>HOT CHOICE:</b><br/>Popcorn Chicken with Mashed Potatoes and Gravy<br/>Warm Biscuit<br/>Golden Corn</p> <p><b>COLD CHOICES:</b><br/>Turkey/Cheese Hoagie with Baked Chips<br/><b>-OR-</b><br/>Asian Chicken Salad with Biscuit or Pretzel Breadstick</p> <p>Golden Corn<br/>Cucumber Slices</p> <p>All Meals Include:<br/>Fruit and Milk Choices</p> | <p><b>HOT CHOICE:</b><br/>Personal Pan Pizza<br/>Steamed Broccoli<br/>Cooked Carrots</p> <p><b>COLD CHOICES:</b><br/>Chicken Salad Hoagie with Baked Chips<br/><b>-OR-</b><br/>Chef Salad with Biscuit or Pretzel Breadstick</p> <p>Baby Carrots<br/>Fresh Broccoli</p> <p>All Meals Include:<br/>Fruit and Milk Choices</p> | <p><b>HOT CHOICE:</b><br/>BBQ Beef Riblet Sandwich with Oven Fries<br/>Hot Vegetable Choice</p> <p><b>COLD CHOICES:</b><br/>Turkey/Cheese Wrap with Pretzels<br/><b>-OR-</b><br/>Taco Salad with Dinner Roll</p> <p>Fresh Cauliflower<br/>Baby Carrots</p> <p><b>DESSERT</b></p> <p>All Meals Include:<br/>Fruit and Milk Choices</p> |

| 29 MONDAY                                                                                                                                                                                                                                                                                                                                                                              | 30 TUESDAY                                                                                                                                                                                                                                                                                                                                                                        |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>HOT CHOICE:</b><br/>Sweet &amp; Sour Chicken with Fried Rice and Egg Roll<br/>Asian Vegetables<br/>Steamed Broccoli</p> <p><b>COLD CHOICES:</b><br/>PBJ Sandwich with Cheese Stick and Pretzels or Crackers<br/><b>-OR-</b><br/>Chicken Caesar with Biscuit or Pretzel Breadstick</p> <p>Baby Carrots<br/>Celery Sticks</p> <p>All Meals Include:<br/>Fruit and Milk Choices</p> | <p><b>HOT CHOICE:</b><br/>Taco in a Bag with Fixings<br/>Steamed Brown Rice<br/>Refried Beans<br/>Baby Carrots</p> <p><b>COLD CHOICES:</b><br/>Turkey and Ranch Wrap with Pretzels<br/><b>-OR-</b><br/>Chicken Ranch Salad with Biscuit or Pretzel Breadstick</p> <p>Roasted Garbanzo Beans or Hummus with Celery Sticks</p> <p>All Meals Include:<br/>Fruit and Milk Choices</p> |

### Lunch Prices:

Elementary: \$2.55 or \$51.00 for April

Secondary: \$2.80 or \$56.00 for April

Reduced: Free

Adult Meal: \$4.00

### Breakfast Price

Paid: \$1.50 or \$30.00 for April

Reduced: Free

Adults: \$2.25

*Menu subject to change due to unforeseen circumstances.*

# BREAKFAST

| MONDAY                                                                                       | TUESDAY                                                                                            | WEDNESDAY                                                                                             | THURSDAY                                                                                                        | FRIDAY                                                                               |
|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <p>Cold Cereal<br/>Cinnamon Crisps<br/>Assorted Fruit<br/>Orange or Apple Juice<br/>Milk</p> | <p>Mini Muffin Loaf or Muffin<br/>Yogurt<br/>Assorted Fruit<br/>Orange or Apple Juice<br/>Milk</p> | <p>Bagel with Cream Cheese<br/>Cheese Stick<br/>Assorted Fruit<br/>Orange or Apple Juice<br/>Milk</p> | <p>Cold Cereal<br/>Giant Cinnamon Goldfish<br/>Graham<br/>Assorted Fruit<br/>Orange or Apple Juice<br/>Milk</p> | <p>Banana Bread<br/>Yogurt<br/>Assorted Fruit<br/>Orange or Apple Juice<br/>Milk</p> |

This institution is an equal opportunity provider