

FUEL ANALYSIS: Avg. Calories: **675 Calories**
Calories From Protein: **20%** Carbs: **55%** Fat: **25%** Sat. Fat: **9%**

1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY
<p>COLD CHOICES: PBJ Sandwich with Cheese Stick and Pretzels or Crackers -OR- Chicken Caesar with Biscuit or Pretzel Breadstick Baby Carrots Celery Sticks</p> <p>All Meals Include: Fruit and Milk Choices</p>	<p>COLD CHOICES: Turkey and Ranch Wrap with Pretzels -OR- Chicken Ranch Salad with Biscuit or Pretzel Breadstick Roasted Garbanzo Beans or Hummus with Celery Sticks</p> <p>All Meals Include: Fruit and Milk Choices</p>	<p>COLD CHOICES: Turkey/Cheese Hoagie with Baked Chips -OR- Asian Chicken Salad with Biscuit or Pretzel Breadstick Golden Corn Cucumber Slices</p> <p>All Meals Include: Fruit and Milk Choices</p>	<p>COLD CHOICES: Chicken Salad Sandwich with Baked Chips -OR- Chef Salad with Biscuit or Pretzel Breadstick Baby Carrots Fresh Broccoli</p> <p>All Meals Include: Fruit and Milk Choices</p>	<h2>NO SCHOOL</h2>

8 MONDAY	9 TUESDAY	10 WEDNESDAY	11 THURSDAY	12 FRIDAY
<p>COLD CHOICES: PBJ Sandwich with Cheese Stick and Pretzels or Crackers -OR- Chicken Caesar with Biscuit or Pretzel Breadstick Baby Carrots Celery Sticks</p> <p>All Meals Include: Fruit and Milk Choices</p>	<p>COLD CHOICES: Egg Salad Sandwich with Baked Chips -OR- Chicken Ranch Salad with Biscuit or Pretzel Breadstick Roasted Garbanzo Beans or Hummus with Celery Sticks</p> <p>All Meals Include: Fruit and Milk Choices</p>	<p>COLD CHOICES: Turkey/Cheese Hoagie with Baked Chips -OR- Asian Chicken Salad with Biscuit or Pretzel Breadstick Golden Corn Cucumber Slices</p> <p>All Meals Include: Fruit and Milk Choices</p>	<p>COLD CHOICES: Deli Turkey Sandwich with Baked Chips -OR- Chef Salad with Biscuit or Pretzel Breadstick Baby Carrots Fresh Broccoli</p> <p>DESSERT</p> <p>All Meals Include: Fruit and Milk Choices</p>	<p>COLD CHOICES: Chicken Caesar Wrap with Pretzels -OR- Taco Salad with Dinner Roll Fresh Cauliflower Baby Carrots</p> <p>All Meals Include: Fruit and Milk Choices</p>

15 MONDAY	16 TUESDAY	17 WEDNESDAY	18 THURSDAY	19 FRIDAY
<p>COLD CHOICES: PBJ Sandwich with Cheese Stick and Pretzels or Crackers -OR- Chicken Caesar with Biscuit or Pretzel Breadstick Baby Carrots Celery Sticks</p> <p>All Meals Include: Fruit and Milk Choices</p>	<p>COLD CHOICES: Turkey/Ranch Wrap with Pretzels -OR- Chicken Ranch Salad with Biscuit or Pretzel Breadstick Roasted Garbanzo Beans or Hummus with Celery Sticks</p> <p>All Meals Include: Fruit and Milk Choices</p>	<p>COLD CHOICES: Egg Salad Sandwich with Baked Chips -OR- Asian Chicken Salad with Biscuit or Pretzel Breadstick Golden Corn Cucumber Slices</p> <p>All Meals Include: Fruit and Milk Choices</p>	<p>COLD CHOICES: Chicken Salad Hoagie with Baked Chips -OR- Chef Salad with Biscuit or Pretzel Breadstick Baby Carrots Fresh Broccoli</p> <p>All Meals Include: Fruit and Milk Choices</p>	<h2>NO SCHOOL</h2>

LUNCH

APRIL 2019

22 MONDAY	23 TUESDAY	24 WEDNESDAY	25 THURSDAY	26 FRIDAY
<p>COLD CHOICES: PBJ Sandwich with Cheese Stick and Pretzels or Crackers -OR- Chicken Caesar with Biscuit or Pretzel Breadstick</p> <p>Baby Carrots Celery Sticks</p> <p>All Meals Include: Fruit and Milk Choices</p>	<p>COLD CHOICES: Chipotle Chicken Wrap with Pretzels -OR- Chicken Ranch Salad with Biscuit or Pretzel Breadstick</p> <p>Roasted Garbanzo Beans or Hummus with Celery Sticks</p> <p>All Meals Include: Fruit and Milk Choices</p>	<p>COLD CHOICES: Turkey/Cheese Hoagie with Baked Chips -OR- Asian Chicken Salad with Biscuit or Pretzel Breadstick</p> <p>Golden Corn Cucumber Slices</p> <p>All Meals Include: Fruit and Milk Choices</p>	<p>COLD CHOICES: Chicken Salad Hoagie with Baked Chips -OR- Chef Salad with Biscuit or Pretzel Breadstick</p> <p>Baby Carrots Fresh Broccoli</p> <p>All Meals Include: Fruit and Milk Choices</p>	<p>COLD CHOICES: Turkey/Cheese Wrap with Pretzels -OR- Taco Salad with Dinner Roll</p> <p>Fresh Cauliflower Baby Carrots</p> <p>DESSERT</p> <p>All Meals Include: Fruit and Milk Choices</p>

29 MONDAY	30 TUESDAY
<p>COLD CHOICES: PBJ Sandwich with Cheese Stick and Pretzels or Crackers -OR- Chicken Caesar with Biscuit or Pretzel Breadstick</p> <p>Baby Carrots Celery Sticks</p> <p>All Meals Include: Fruit and Milk Choices</p>	<p>COLD CHOICES: Turkey and Ranch Wrap with Pretzels -OR- Chicken Ranch Salad with Biscuit or Pretzel Breadstick</p> <p>Roasted Garbanzo Beans or Hummus with Celery Sticks</p> <p>All Meals Include: Fruit and Milk Choices</p>

Lunch Prices

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 Cinnamon Crisps Assorted Fruit Orange or Apple Juice Milk</p>	<p>Mini Muffin Loaf or Muffin Yogurt Assorted Fruit Orange or Apple Juice Milk</p>	<p>Bagel with Cream Cheese Cheese Stick Assorted Fruit Orange or Apple Juice Milk</p>	<p>Cold Cereal Giant Cinnamon Goldfish Graham Assorted Fruit Orange or Apple Juice Milk</p>	<p>Banana Bread Yogurt Assorted Fruit Orange or Apple Juice Milk</p>

This institution is an equal opportunity provider