


**FUEL ANALYSIS:** Avg. Calories: **655 Calories**  
Calories From Protein: **19%** Carbs: **54%** Fat: **27%** Sat. Fat: **8%**


1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY
<p><b>ENERGY ENTRÉE</b> Build Your Own Burger* with Turkey Bacon and Cheese -or- MAX Stuffed Crust Cheese Pizza* </p> <p><b>SMART SIDES</b> Emoji Potatoes Spinach Salad with Fixings Baby Carrots Apple Mixed Fruit</p>	<p><b>ENERGY ENTRÉE</b> Oven Fried Chicken Drumstick Mashed Potatoes and Gravy Whole Grain Dinner Roll* -or- Turkey and Cheese Hoagie Sandwich* with Fixings</p> <p><b>SMART SIDES</b> Lettuce Salad with Fixings Fresh Broccoli and Cauliflower?? Orange Smiles Mixed Berry Cup</p>	<p><b>ENERGY ENTRÉE</b> Taco in a Dorito Chip Bag* with Steamed Rice* -or - Whole Grain Mini Corn Dogs* </p> <p><b>SMART SIDES</b> Refried Beans Golden Corn Lettuce salad with Fixings Banana or Fresh Melon Peaches</p>	<p><b>ENERGY ENTRÉE</b> Turkey and Gravy over Mashed Potatoes with Dinner Roll* -or - Chicken Nuggets* with Whole Grain Dinner Roll*</p> <p><b>SMART SIDES</b> Glazed Carrots BLT Salad Celery Sticks <b>Fresh Strawberries</b> Applesauce</p> <p><b>FRUIT OF THE MONTH</b> </p>	<p><b>NO SCHOOL</b></p> 
<p><b>8 MONDAY</b></p> <p><b>ENERGY ENTRÉE</b> BBQ Chicken Sandwich* -or - Garlic Cheesy Bread* with Marinara Sauce </p> <p><b>SMART SIDES</b> Green Beans Spinach Salad with Fixings Baby Carrots Apple Pears</p> <p><b>DESSERT</b> Grape Flavored Raisels</p>	<p><b>9 TUESDAY</b></p> <p><b>ENERGY ENTRÉE</b> Macaroni and Cheese* with Whole Grain Dinner Roll* </p> <p>-or - Chicken Breast Sandwich* with Fixings</p> <p><b>SMART SIDES</b> Sweet Potato Tots Lettuce Salad with Fixings Baby Carrots Mixed Berry Cup Fresh Kiwi</p>	<p><b>10 WEDNESDAY</b></p> <p><b>ENERGY ENTRÉE</b> <b>Salad Bar</b> with choice of Grilled Cheese Sandwich* </p> <p>-or - Pizza Crunchers* with Marinara Sauce </p> <p><b>SMART SIDES</b> Lettuce Salad with Fixings Roasted Red Pepper Hummus with Cucumber Slices <b>Cherry Tomatoes</b> Banana or Fresh Melon Mixed Fruit</p> <p><b>VEGGIE OF THE MONTH</b> </p>	<p><b>11 THURSDAY</b></p> <p><b>SNOW DAY</b></p>	<p><b>12 FRIDAY</b></p> <p><b>ENERGY ENTRÉE</b> Mini Pancakes* with Cheese Omelet </p> <p>-or- Chicken Quesadilla* with Fixings</p> <p><b>SMART SIDES</b> Tater Tots Lettuce Salad with Fixings Baby Carrots Clementine Blueberries Fresh Strawberries</p>
<p><b>15 MONDAY</b></p> <p><b>ENERGY ENTRÉE</b> Chicken Drumstick with Mashed Potatoes/Gravy Whole Grain Dinner Roll* -or- MAX Stuffed Crust Cheese Pizza* </p> <p><b>SMART SIDES</b> Steamed Carrots Spinach Salad with Fixings Celery Sticks Apple Mixed Fruit Salad</p>	<p><b>16 TUESDAY</b></p> <p><b>ENERGY ENTRÉE</b> Shrimp Poppers* with Cheesy Bread Bites* -or - BBQ Pulled Pork Sandwich* </p> <p><b>NEW MENU ITEM</b> </p> <p><b>SMART SIDES</b> Vegetarian Baked Beans Golden Corn Lettuce Salad with Fixings Fresh Kiwi Mixed Berry Cup</p>	<p><b>17 WEDNESDAY</b></p> <p><b>TWINS BASEBALL DAY</b></p> <p><b>ENERGY ENTRÉE</b> All Beef Hot Dog on a Whole Grain Bun* -or- Chicken Nuggets* with Whole Grain Dinner Roll*</p> <p><b>SMART SIDES</b> Baked Potato Chips  Coleslaw Baby Carrots Watermelon (no Banana) Pears</p> <p><b>DESSERT</b> Sport Shaped Graham Cookies</p> <p><b>NEW ITEM</b>  </p>	<p><b>18 THURSDAY</b></p> <p><b>ENERGY ENTRÉE</b> Cinnamon French Toast Sticks* </p> <p>-or- Whole Grain Mini Corn Dogs* </p> <p><b>SMART SIDES</b> Trix Yogurt Tri - Tater Lettuce Salad with Fixings Baby Carrots Orange Smiles Fresh Strawberries</p>	<p><b>19 FRIDAY</b></p> <p><b>NO SCHOOL</b></p> 

Menu subject to change due to unforeseen circumstances.

# LUNCH

# APRIL 2019

22 MONDAY	23 TUESDAY	24 WEDNESDAY	25 THURSDAY	26 FRIDAY
<b>NO SCHOOL</b>	<b>ENERGY ENTRÉE</b>  <b>DOMINO'S PIZZA*</b> Whole Grain Dinner Roll*	<b>ENERGY ENTRÉE</b> Orange Chicken Smackers with Steamed Brown Rice* and Vegetable Egg Roll -or- Toasty Dog* with Oven Fries	<b>ENERGY ENTRÉE</b> Whole Grain Pasta* with Meat Sauce Garlic Bread Knot* -or- Chicken Burger* with Fixings	<b>ENERGY ENTRÉE</b> Fish Sticks* with Cheesy Bread Bites* -or- Super Beef Taco Salad* with Spanish Rice*
	<b>SMART SIDES</b> Sweet Potato Tots Lettuce Salad with Fixings Baby Carrots Clementine Mixed Berry Cup	<b>SMART SIDES</b> Asian Vegetable Blend Lettuce Salad with Fixings Celery Sticks Banana or Fresh Melon Cinnamon Apple Slices	<b>SMART SIDES</b> Caesar Salad Baby Carrots Fresh Pear Peaches <b>DESSERT</b> Fruit Smoothie on a Stick	<b>SMART SIDES</b> Broccoli with Cheese Sauce Lettuce Salad with Fixing Baby Carrots Fresh Strawberries Applesauce

29 MONDAY	30 TUESDAY
<b>ENERGY ENTRÉE</b> Build Your Own Burger* with Turkey Bacon and Cheese -or- Personal Pan Cheese Pizza* 	<b>ENERGY ENTRÉE</b> Oven Fried Chicken Drumstick Mashed Potatoes and Gravy Whole Grain Dinner Roll* -or- Turkey and Cheese Hoagie Sandwich* with Fixings
<b>SMART SIDES</b> Glazed Carrots Spinach Salad with Fixings Celery Sticks Apple Pears	<b>SMART SIDES</b> Green Beans Lettuce Salad with Fixings Baby Carrots Orange Smiles Mixed Berry Cup

### Lunch Prices:

Elementary: \$2.55 or \$48.45 for April  
 Secondary: \$2.80 or \$53.20 for April  
 Reduced: Free  
 Adult Meal: \$4.00

### Breakfast Prices:

Price: \$1.50 or \$28.50 for April  
 Reduced: Free  
 Adults: \$2.25

### Extra Items:

Extra Entree ..... \$1.90  
 Extra Bread ..... \$ .55  
 Extra Fruit or Vegetables..... **FREE**  
 Milk ..... \$ .45  
 Yogurt ..... \$ .60  
 10 oz. Bottled Water ..... \$ .60  
 4 oz. Juice ..... \$ .45

### POPULAR LINKS:

- Menus and Nutrition Analysis online at [www.nutritionservice.org/nutritionservices](http://www.nutritionservice.org/nutritionservices)
- Access your student's lunch account balance and pin number at [www.paypams.com](http://www.paypams.com).
- If you would like to block your student's account from purchasing extra items please contact your school cashier.

- All meals served with your choice of Skim, 1% or Chocolate skim milk.
- Lactose reduced milk shall be made available upon written request from parent/guardian.
- Cheese Sandwiches available on a daily basis



= Poultry



= Vegetarian



= Whole Grain Items



= Locally Grown




= Pork (the following menu items contain gelatin which may contain pork: mixed fruit salad, sweet potato bake, rosy applesauce and rice krispie treat.

This institution is an equal opportunity provider

# BREAKFAST

Choose one Breakfast Entrée.

All breakfasts served with Fruit, Fruit Juice, and Skim or 1% Milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1:</b> Weeks beginning April 8 and 22				
Banana Bread* with Fruit Yogurt -or- Cold Cereal* with Fruit Yogurt	Whole Grain French Toast* -or- Cold Cereal* with Nutri Grain Bar*	Breakfast Sandwich* -or- Cold Cereal* with Fruit Yogurt	Fruit Yogurt Smoothie with French Toast Goldfish Crackers* -or- Cold Cereal* w/ Goldfish Crackers*	Cook's Special* -or- Cold Cereal* with Fruit Yogurt
<b>WEEK 2:</b> Weeks beginning April 1, 15 and 29				
Pancake and Sausage Breakfast Stick*  -or- Cold Cereal* with Fruit Yogurt	Yogurt Parfait -or- Cold Cereal* with Nutri Grain Bar*	Cheese Omelet with Muffin Loaf* -or- Cold Cereal* with Fruit Yogurt	Whole Grain Pancakes* -or- Cold Cereal* with Cinnamon Crisps*	Cook's Special* -or- Cold Cereal* with Fruit Yogurt