








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 Cheeseburger Meatloaf Potatoes & Roll or Cheesy Breadsticks* with Marinara Sauce <i>Get Healthy Salad Bar</i>	10 Chicken Drumstick & Potato Wedges or Cheese Quesadilla* <i>Get Healthy Salad Bar</i>	11 Orange Chicken & Rice or Nacho Cheese & Chips* <i>Get Healthy Salad Bar</i>	12 Garlex Pizza Pepperoni Cheese Hawaiian Veggie*  <i>Get Healthy Salad Bar</i>	13 Mini Twin Burgers (beef) or Nacho Bites* <i>Get Healthy Salad Bar</i>
16 Chicken Mini Corn Dog or Marinara Cheesy Lasagna* <i>Get Healthy Salad Bar</i>	17 Mini Chicken Tacos or Baked Potato Bar* Doritos <i>Get Healthy Salad Bar</i>	18 Hot Dog (turkey) or Macaroni & Cheese* <i>Get Healthy Salad Bar</i>	19 Garlex Pizza Pepperoni Cheese Hawaiian & Veggie  <i>Get Healthy Salad Bar</i>	20 Jonny Pops Cheese Omelet Crispy Potatoes* or Crispy Chicken Sandwich <i>Get Healthy Salad Bar</i> 
23 Snackatizers (Antibiotic Free Popcorn Chicken) or Burrito <i>Get Healthy Salad Bar</i>	24 Peppy Pasta or Cheese Tamale <i>Get Healthy Salad Bar</i>	25 Beef Taco Stick or Grilled Cheese Sandwich <i>Get Healthy Salad Bar</i>	26 Garlex Pizza Pepperoni Cheese, Veggie* Hawaiian  <i>Get Healthy Salad Bar</i>	27 Mini Cheese Ravioli or Marinara Shells Birthday Frozen Yogurt <i>Get Healthy Salad Bar</i> 
30 Chicken Tenders or Fish Sticks Chocolate Chip Cookie <i>Get Healthy Salad Bar</i>	1	2	3	4

Enjoy a Healthy Salad Bar

Fruit	Fruit	Fruit	Fruit	Fruit
Fresh Fruit 1 or 1/2 cup	Fresh Fruit 1 or 1/2 cup	Fresh Fruit 1 or 1/2 cup	Fresh Fruit 1 or 1/2 cup	Fresh Fruit 1 or 1/2 cup

At least one item from each USDA Vegetable Subgroups will be available to students everyday!

Dark Green Vegetables (iron, vitamin C, lutein) = bok choy, broccoli, greens, green kale, parsley purple kale, romaine lettuce, spinach.
 Starchy Vegetables (potassium, magnesium, allacin) = cassava, corn, jicama, lima beans, plantains, potatoes, taro, water chestnuts.
 Red & Orange Vegetables (vitamin A, vitamin K, lycopenes) = carrots, red bell peppers, pumpkin, sweet potatoes, squash, tomatoes.
 Legumes or Beans (fiber, zinc, flavanoids) = black beans, garbonzo beans, kidney beans, lentils, navy beans, pinto, soy beans, white beans.
 Other Vegetables (vitamin A, Vitamin C, allacin) = beets, cabbage, cauliflower, celery, cucumbers, green beans, peppers, olives, radishes, zucchini.

Milk	Milk	Milk	Milk	Milk
1% or Non-fat White Non-fat Chocolate	1% or Non-fat White Non-fat Chocolate	1% or Non-fat White Non-fat Chocolate	1% or Non-fat White Non-fat Chocolate	1% or Non-fat White Non-fat Chocolate

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Assorted Muffins Seasonal Fruit and Juice Cold Cereal & Milk	Breakfast Burrito Seasonal Fruit and Juice Cold Cereal & Milk	Crumb Square* Seasonal Fruit and Juice Cold Cereal & Milk	French Toast Seasonal Fruit and Juice Cold Cereal & Milk	Dutch Waffle* Seasonal Fruit and Juice Cold Cereal & Milk

***Other Vegetarian Options Available Daily at Lunch:**

- Grilled Cheese Sandwich
- WowButter & Jelly Sandwich
- Yogurt & Granola



******Celebrate April Birthdays on the 20th with a fun treat!******

BREAKFAST \$2.00: Includes whole grain-rich entree, fruit or 100% juice, and milk
LUNCH \$3.75: Includes whole grain-rich entree, salad bar, fruit, and milk
 A second milk may be purchased for \$0.50 or soy milk for \$1.00
 Bottled water may be purchased for \$0.50

MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY