






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 Cheeseburger Meatloaf Mashed 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 or Cheese Ravioli* Raisels (Nature's Candy) <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 Turkey Hot Dog or Macaroni & Cheese* <i>Get Healthy Salad Bar</i>	19  Garlex Pizza Pepperoni Cheese, Hawaiian or Veggie* <i>Get Healthy Salad Bar</i>	20 <i>Jonny Pops</i> Cheese Omelet Crispy Potatoes* or Crispy Chicken Sandwich <i>Get Healthy Salad Bar</i>
23 Snackatizers (Antibiotic Free Popcorn Chicken) or Bean & Cheese Burrito <i>Get Healthy Salad Bar</i>	24 Teriyaki Chicken & Rice 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, Hawaiian or Veggie* <i>Get Healthy Salad Bar</i>	27 Nacho Bites* or Marinara Shells* <i>Birthday Frozen Yogurt</i> <i>Get Healthy Salad Bar</i>
30 Chicken Tenders or Baja Fish Sticks Chocolate Chip Cookie <i>Get Healthy Salad Bar</i>	1	2	3	4

Enjoy a Healthy Salad Bar

Fresh Fruit 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, garbanzo 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

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

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Assorted Muffins Seasonal Fruit and Juice Cold Cereal & Milk 100% fruit juice 4oz	Breakfast Burrito Seasonal Fruit and Juice Cold Cereal & Milk 100% fruit juice 4oz	Crumb Square* Seasonal Fruit and Juice Cold Cereal & Milk 100% fruit juice 4oz	French Toast Seasonal Fruit and Juice Cold Cereal & Milk 100% fruit juice 4oz	Dutch Waffle* Seasonal Fruit and Juice Cold Cereal & Milk 100% fruit juice 4oz

Also Available Daily at Breakfast:

- Cold Cereal, fruit, and milk

Also Available Daily at Lunch:

- Grilled Cheese Sandwich
- WowButter & Jelly Sandwich
- Yogurt & Granola
- Veggie Lunchable or Cheese and Fruit Cup



* = Vegetarian Options

****Celebrate April Birthdays on the 27th with a fun treat!!*****

BREAKFAST \$2.00: Includes whole grain-rich entree, fruit or 100% fruit 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
 Lactose-Free milk available upon request

MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY