



GREENS & GRAINS

All entrees are served with a variety of fresh fruits,
vegetables and milk.

Monday	Tuesday	Wednesday	Thursday	Friday
Mar 30 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Mar 31 Taco Salad Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Apr 1 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait Energy Bowl	Apr 2 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Apr 3 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait BBQ Chicken Flatbread
Apr 6 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Apr 7 Taco Salad Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Apr 8 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Apr 9	Apr 10
Apr 13 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Apr 14 Taco Salad Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Apr 15 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Apr 16 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Apr 17 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait BBQ Chicken Flatbread
Apr 20 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Apr 21 Taco Salad Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Apr 22 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Apr 23 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Apr 24 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait Chicken Pesto Flatbread
Apr 27	Apr 28 Taco Salad Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Apr 29 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Apr 30 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	May 1 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait BBQ Chicken Flatbread

DID YOU KNOW?

Your meal eligibility expires Sept 15. You MUST fill out a new application every school year.

Apply on line for Free/Red Meals at <https://fridley.sdms2.com>, print app from website or go to your school office.

Menu subject to change. USDA is an equal opportunity employer.