



MENUS FOR
APRIL 2018

Louisa County Middle School

This institution is an equal opportunity provider. Menus are subject to change.



Every complete meal we serve comes with your choice of milk!

2 Week Cycle Menu!

Week 1 and 3

Monday: Dutch Waffle, Fruit/Juice
 Tuesday: Bacon, Egg & Cheese Burrito, Juice/Fruit
 Wednesday: Breakfast Pizza, Juice/Fruit
 Thursday: Sausage Biscuit & Gravy, Fruit/Juice
 Friday: French Toast Sticks w/ Syrup, Fruit/Juice

Week 2 and 4

Monday: Apple Cinnamon French Toast, Fruit/Juice
 Tuesday: Chicken Biscuit Juice/Fruit
 Wednesday: Breakfast Pizza, Juice/Fruit
 Thursday: Sausage Biscuit & Gravy, Fruit/Juice
 Friday: French Toast w/ Syrup, Fruit/Juice

Additional Entrees Offered Daily

Cereal w/ Toast or Graham Crackers, Breakfast Bar, Banan Bread, Zucchini Bread, Blueberry Bread, Fortified Donut—Choice of Milk Daily

TIME TO BLOSSOM.

The flowers are coming out of hiding – and so should you! That resolution to exercise more that seemed so hard in the cold light of January is much more do-able as the weather warms!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Now Appearing ...

SPRING BREAK!

SPECIAL LIMITED ENGAGEMENT!
Break begins at the end of classes:
Friday, March 30

Classes resume:
Monday, April 9


Make the healthy, economical choice!

Breakfast	Lunch
\$1.30	\$2.80

Get in touch with us today to learn more about free and reduced-price meals in our district:

FRUIT

Figs



Figs are so super sweet and delicious, that some people eat them as a dessert! They contain no fat and are high in fiber. Fresh figs can be hard to find, but dried figs make a great snack!

OF THE MONTH

Monday, April 9

Choose One
 PB&J Uncrustable Grab N Go
 Cheeseburger on Bun
 Chicken Fajita
 Chicken Bacon Ranch Pizza
Choose Two
 Steamed Broccoli
 Carrot Coins
Choose One
 Chilled Applesauce
 Chilled Mixed Fruit

Choice of Milk

Tuesday, April 10

Choose One
 PB&J Uncrustable Grab N Go
 Chicken Sandwich
 Macaroni & Cheese w/
 Popcorn Shrimp & Wheat Roll
 Pizza Quesadilla
Choose Two
 Steamed Spinach
 Steamed Green Beans
Choose One
 Baked Apples
 Peach Cup

Choice of Milk

Wednesday, April 11

Choose One
 PB&J Uncrustable Grab N Go
 Greek Yogurt /String Cheese/
 Zucchini Bread Combo
 Fruity Chicken Shaker Salad
 Chicken Patty on Bun
 BBQ on Bun
 Corn Dog Nuggets
Choose Two
 Vegetarian Beans
 Spicy Waffle Fries
 Baby Carrots w/ Dip
Choose One
 Fresh Orange Wedges
 Chilled Pineapple

Choice of Milk

Thursday, April 12

Choose One
 PB&J Uncrustable Grab N Go
 Greek Yogurt /String Cheese/
 Cinnamon Bread Combo
 Cheeseburger on Bun
 Taco Salad
 Popcorn Chicken w/ Wheat Roll
 Breakfast for Lunch
 Dutch Waffle w/ Sausage Patty
 w/ Syrup
Choose Two
 Tater Tots
 Fresh Veggie Cup
Choose One
 Cinnamon Apples
 Frozen Juice Cup
 Choice of Milk

Friday, April 13

Choose One
 PB&J Uncrustable Grab N Go
 Greek Yogurt /String Cheese/
 Zucchini Bread Combo
 Chopped Veggie Shaker Salad
 BBQ Chicken Flatbread Melt
 Chili/Cheese Nachos
 Buffalo Chicken Wrap
Choose Two
 Tossed Salad
 Sweet Kernel Corn
Choose One
 Fresh Grapes
 Chilled Applesauce

Choice of Milk



Monday, April 16

Choose One
 PB&J Uncrustable Grab N Go
 Chobani Yogurt /String Cheese/
 Zucchini Bread Combo
 Chef Shaker Salad
 Cheeseburger on Bun
 Cheeseburger Pizza
 Popcorn Chicken w/ Wheat Roll

Choose Two
 Steamed Green Beans
 Steamed Broccoli

Choose One
 Chilled Pineapple
 Chilled Pears

Choice of Milk

Tuesday, April 17

Choose One
 PB&J Uncrustable Grab N Go
 Chobani Yogurt /String Cheese/
 Zucchini Bread Combo
 Chicken Caesar Shaker Salad
 Buffalo Chicken Sandwich
 Asian Rice Bowl
 Sweet & Sour Chicken
 Or Teriyaki Chicken

Choose Two
 Egg Roll

Sweet Peas & Carrots

Choose One
 Chilled Fruit
 Fresh Fruit

Choice of Milk

Wednesday, April 18

Choose One
 PB&J Uncrustable Grab N Go
 Chobani Yogurt /String Cheese/
 Zucchini Bread Combo
 Fruity Chicken Shaker Salad
 Chicken Patty on Bun
 Pizza Crunchers
 Chicken & Cheese Nachos

Choose Two
 Sweet Kernel Corn
 Fiesta Black Beans

Choose One
 Chilled Mixed Fruit
 Fresh Apple Slices
 Choice of Milk

Thursday, April 19

Choose One
 PB&J Uncrustable Grab N Go
 Greek Yogurt /String Cheese/
 Cinnamon Bread Combo
 Cheeseburger on Bun
 Taco Salad
 Spaghetti w/ Meat Sauce w/
 Garlic Stick
 Pizza Dippers

Choose Two
 Baby Carrots w/ Ranch
 Tossed Salad

Choose One
 Chilled Fruit
 Fresh Fruit

Choice of Milk

Friday, April 20

Choose One
 PB&J Uncrustable Grab N Go
 Greek Yogurt /String Cheese/
 Zucchini Bread Combo
 Chicken Caesar Shaker Salad
 Chicken Sandwich
 Chicken Tenders w/ Wheat Roll
 Meatball Sub

Choose Two
 Sweet Kernel Corn
 Spicy Waffle Fries

Choose One
 Chilled Pineapple
 Apple/Pear/Blueberry Cup

Choice of Milk



**What's on
YOUR
plate?**

Monday, April 23

Choose One
 PB&J Uncrustable Grab N Go
 Greek Yogurt /String Cheese/
 Zucchini Bread Combo
 Chef Shaker Salad
 Cheeseburger on Bun
 Pork Carnita Tacos
 Turkey & Gravy Mashed Potato
 Bowl w/ Wheat Roll

Choose Two
 Baby Carrots w/ Dip
 Fiesta Black Beans
 Sweet Peas

Choose One
 Chilled Pears
 Fresh Apple Slices
 Choice of Milk

Tuesday, April 24

Choose One
 PB&J Uncrustable Grab N Go
 Greek Yogurt /String Cheese/
 Zucchini Bread Combo
 Chicken Caesar Shaker Salad
 Buffalo Chicken Sandwich
 Chicken Fajita
 Flat Bread
 4 Meat Pizza

Choose Two
 Steamed Broccoli
 Sweet Kernel Corn

Choose One
 Chilled Pineapple
 Frozen Juice Cup
 Choice of Milk

Wednesday, April 25

Choose One
 PB&J Uncrustable Grab N Go
 Greek Yogurt /String Cheese/
 Zucchini Bread Combo
 Fruity Chicken Shaker Salad
 Chicken Patty on Bun
 Pizza Cheese Crunchers
 Turkey Ham & Cheese Spiral
 Wrap w/ Baked Chips

Choose Two
 Carrot Coins
 Tossed Salad

Choose One
 Chilled Mixed Fruit
 Fresh Banana
 Choice of Milk

Thursday, April 26

Choose One
 PB&J Uncrustable Grab N Go
 Greek Yogurt /String Cheese/
 Cinnamon Bread Combo
 Taco Salad
 Cheeseburger on Bun
 Pizza Calzone
 Catfish Strips w/ Wheat Roll

Choose Two
 Scalloped Potatoes
 Sweet Peas & Carrots

Choose One
 Chilled Peaches
 100% Juice

Choice of Milk

Friday, April 27

Choose One
 PB&J Uncrustable Grab N Go
 Greek Yogurt /String Cheese/
 Zucchini Bread Combo
 Chopped Veggie Shaker Salad
 Southwest Chicken Wrap
 Chicken Bacon Ranch Pizza
 Macaroni & Cheese w/
 Popcorn Shrimp

Choose Two
 Steamed Green Beans
 Steamed Spinach
 Cherry Tomatoes w/ Ranch

Choose One
 Chilled Applesauce
 Strawberries
 Choice of Milk

**Q: What do you call
two banana
peels?**



Monday, April 30

Choose One
 PB&J Uncrustable Grab N Go
 Greek Yogurt /String Cheese/
 Zucchini Bread Combo
 Chef Shaker Salad
 Cheeseburger on Bun
 Soft Taco
 Cheeseburger Pizza

Choose Two
 Steamed Broccoli
 Carrot Coins

Choose One
 Fresh Apple
 Chilled Mixed Fruit

Choice of Milk

DON'T GET!
**To make a lunch,
choose at least one**

Fruit/Juice or **Veggie**

**and 3-5
items
total**

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html