

Menus for April

Louisa County Middle School

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



The original value meal & still a fantastic deal!

— Breakfast — — Lunch —
\$1.35 **\$2.90**

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

YOU'RE GETTING WARM.



One of the best ways to avoid getting hurt – playing a sport, in gym class, and even on the playground – is to stretch out a little first and start off slowly before you go all out.



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

PLEASE STAY ALERT!

THE FIRST OF APRIL IS APRIL FOOLS DAY! DON'T BE FOOLED!



PLEASE SEE THE OTHER PAGE FOR A LIST OF THE GREATEST APRIL FOOLS TRICKS OF ALL TIME!

Monday, April 1

- Choose One
- PB&J Uncrustable Grab N Go
- Cheese Burger on Bun
- Personal Pan Pizza
- Popcorn Chicken w/ Wheat Roll
- Choose Two
- Steamed Green Beans
- Steamed Broccoli
- Scalloped Potatoes
- Choose One
- Chilled Pineapple
- Mixed Berry Cup
- Choice of Milk

Tuesday, April 2

- Choose One
- PB&J Uncrustable Grab N Go
- Buffalo Chicken Sandwich
- Asian Rice Bowl
- Sweet & Sour Chicken
- Or Teriyaki Chicken
- Choose Two
- Egg Roll
- Sweet Peas & Carrots
- Choose One
- Chilled Peaches
- Frozen Juice Cup
- Choice of Milk

Wednesday, April 3

- Choose One
- PB&J Uncrustable Grab N Go
- Chobani Yogurt /String Cheese/Zucchini Bread Combo
- 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 4

- Choose One
- PB&J Uncrustable Grab N Go
- Greek Yogurt /String Cheese/ Cinnamon Bread Combo
- Cheeseburger on Bun
- Taco Salad
- Spaghetti and Meat Sauce w/ Garlic Stick
- Pizza Dippers
- Choose Two
- Baby Carrots w/ Ranch
- Tossed Salad
- Choose One
- Chilled Pears
- Fresh Grapes
- Choice of Milk

Friday, April 5

- 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
- Strawberry Cup
- Choice of Milk

Monday, April 8

- Choose One
- PB&J Uncrustable Grab N Go
- Greek Yogurt /String Cheese/ Zucchini Bread Combo
- Chef Shaker Salad
- Cheese Burger on Bun
- Chicken Fajita
- Flat Bread
- 4 Meat Or 4 Cheese Pizza
- Choose Two
- Baby Carrots w/ Dip
- Steamed Broccoli
- Sweet Peas
- Choose One
- Chilled Pears
- Fresh Apple
- Choice of Milk

Tuesday, April 9

- Choose One
- PB&J Uncrustable Grab N Go
- Greek Yogurt /String Cheese/ Zucchini Bread Combo
- Chicken Caesar Shaker Salad
- Buffalo Chicken Sandwich
- Soft Taco
- Buffalo Chicken Dip w/ Chips
- Choose Two
- Sweet Kernel Corn
- Fiesta Black Beans
- Choose One
- Chilled Pineapple
- Mixed Berry Cup
- Choice of Milk

Wednesday, April 10

- Choose One
- PB&J Uncrustable Grab N Go
- Greek Yogurt /String Cheese/ Zucchini Bread Combo
- Fruity Chicken Shaker Salad
- Pizza Crunchers
- Chili/ Cheese Nachos
- Turkey Ham & Cheese Spiral Wrap w/ Baked Chips
- Choose Two
- Seasoned Carrots
- Tossed Salad
- Choose One
- Chilled Mixed Fruit
- Fresh Apple Slices
- Choice of Milk

Thursday, April 11

- Holiday Meal
- Turkey & Gravy w/ Wheat Roll Or Chicken Patty on Bun
- Candied Sweet Potatoes
- Green Beans
- Stuffing
- Apple Slices
- Choice of Milk
- Holiday Treat

Friday, April 12

- Choose One
- PB&J Uncrustable Grab N Go
- Greek Yogurt /String Cheese/ Zucchini Bread Combo
- Chopped Veggie Shaker Salad
- Southwest Chicken Wrap
- Buffalo Chicken Sandwich
- Macaroni & Cheese w/ Popcorn Shrimp
- Maxx Stix
- Choose Two
- Steamed Green Beans
- Steamed Spinach
- Cherry Tomatoes w/ Ranch
- Choose One
- Chilled Applesauce
- Fresh Orange Wedges
- Choice of Milk



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

SPRING

BREAK



**Break begins at the end of classes:
Friday, April 12**

**Classes resume:
Monday, April 22**



Q: What's the GOOFIEST thing about a GOOBER?



A: "Goober" is another name for a peanut, and the goofiest thing about a peanut is that it's not really a nut at all! Peanuts are really beans that grow under ground. Real nuts are sometimes called "tree nuts."

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

Monday, April 22

Choose One
PB&J Uncrustable Grab N Go
Greek Yogurt /String Cheese/
Zucchini Bread Combo
Chef Shaker Salad
Cheeseburger on Bun
Stuffed Crust Pizza
Philly or Pizza Pinwheel
Choose Two
Steamed Broccoli
Sweet Kernel Corn
Choose One
Fresh Apple
Chilled Mixed Fruit
Choice of Milk

Tuesday, April 23

Choose One
PB&J Uncrustable Grab N Go
Greek Yogurt /String Cheese/
Zucchini Bread Combo
Chicken Caesar Shaker Salad
Buffalo Chicken Sandwich
BBQ on Bun
Corn Dog Nuggets
Choose Two
Vegetarian Beans
Spicy Waffle Fries
Cole Slaw
Choose One
Fresh Apple Slices
Peach Cup
Choice of Milk

Wednesday, April 24

Choose One
PB&J Uncrustable Grab N Go
Greek Yogurt /String Cheese/
Zucchini Bread Combo
Fruity Chicken Shaker Salad
Chicken Patty on Bun
Pizza Crunchers
Chili/ Cheese Nachos
Choose Two
Sweet Kernel Corn
Fiesta Black Beans
Baby Carrots w/ Dip
Choose One
Fresh Grapes
Chilled Pineapple
Choice of Milk

Thursday, April 25

Choose One
PB&J Uncrustable Grab N Go
Greek Yogurt /String Cheese/
Cinnamon Bread Combo
Taco Salad
Cheeseburger on Bun
Popcorn Chicken w/ Wheat Roll
Breakfast for Lunch
Dutch Waffle
w/ Sausage Patty w/ Syrup
Choose Two
Mashed Potatoes
Sweet Peas
Choose One
Chilled Peaches
Strawberry Cup
Choice of Milk

Friday, April 26

Choose One
PB&J Uncrustable Grab N Go
Greek Yogurt /String Cheese/
Zucchini Bread Combo
Chopped Veggie Shaker Salad
BBQ Chicken Flatbread Melt
Mac & Cheese
w/ Popcorn Shrimp
Buffalo Chicken Wrap
w/ Chips 2m, 2g
Choose Two
Steamed Spinach
Steamed Green Beans
Choose One
Fresh Orange Wedges
Chilled Applesauce
Choice of Milk

Monday, April 29

Choose One
PB&J Uncrustable Grab N Go
Cheese Burger on Bun
Personal Pan Pizza
Popcorn Chicken
w/ Wheat Roll
Choose Two
Steamed Green Beans
Steamed Broccoli
Scalloped Potatoes
Choose One
Chilled Pineapple
Mixed Berry Cup
Choice of Milk

Tuesday, April 30

Choose One
PB&J Uncrustable Grab N Go
Buffalo Chicken Sandwich
Asian Rice Bowl
Sweet & Sour Chicken
Or Teriyaki Chicken
Choose Two
Egg Roll
Sweet Peas & Carrots
Choose One
Chilled Peaches
Frozen Juice Cup
Choice of Milk

NUTRITION TO GO

Experts recommend that we eat at least 20-30 grams of fiber a day -- but most Americans consume less than half that much. Good sources are grains, fruits, vegetables, and beans. Check the labels on foods, like your favorite breakfast cereal -- some cereals provide ten or more grams of fiber per bowl, but shoot for at least three.

A QUICK BITE FOR PARENTS

We are pleased to provide **FREE AND REDUCED-PRICE MEALS** for all students who qualify. It's simple to apply and we Accept applications all year.

Learn more at
(www.lcpsnutrition.com)
or call 540-894-5115

HERB/SPICE

Turmeric

Herbs and spices are plants that are used to flavor food. Turmeric is the dried and ground flesh of a root that grows in Asia. Its mustardy flavor is a key component of many Asian dishes. Turmeric is also used for the rich color it imparts.

OF THE MONTH