

To see some of our meals and our team in action follow us on
INSTAGRAM @greatschoolmeals

Monday

Tuesday

Wednesday

Thursday

Friday

Meatloaf

"Cupcakes"

- Mashed Potatoes
- Peas
- WW Biscuit
- Fresh Fruit and Veggie Bar
- Milk

1

Macaroni and Cheese

- Steamed Broccoli
- Baked Beans
- Dinner Roll
- Fresh Fruit and Veggie Bar
- Milk

2

Fresh Pizza

- Pepperoni, Cheese, or Veggie
- Carrot Sticks with Dip
- Green Beans
- Caesar Salad
- Fresh Fruit and Veggie Bar
- Milk

3

BBQ Chicken on a Bun

- Corn
- Roasted Chick Peas
- Fresh Fruit and Veggie Bar
- Milk

4

**Ham and Cheese Sub
With Lettuce**

- Or Hummus and Veggie Sub**
- Broccoli Cheese Soup
- Sweet Potato Fries
- Fresh Fruit and Veggie Bar
- Milk

5

Breakfast For LUNCH

- French Toast Sticks
- VT Maple Syrup
- Sausage Patty * Hash Browns
- Steamed Broccoli
- Vanilla Yogurt
- Fresh Fruit and Veggie Bar
- Milk

8

TACO TUESDAY

- Chicken Taco or Bean Taco
- On Crunchy Corn Taco Shell
- Shredded Lettuce *** Corn
- Sour Cream ** Salsa
- Brown Rice
- Fresh Fruit and Veggie Bar
- Milk

9

EARLY RELEASE DAY

- Turkey, Bacon, Cheddar Wrap
- On WW Tortilla
- Carrot and Celery Sticks
- Whole Grain Pretzels
- Whole Grain Cookie
- Milk

10

Honey Lemon Chicken

- Roasted Green Beans
- Sweet Potato Half
- Whole Grain Biscuit
- Fresh Fruit and Veggie Bar
- Milk

11

**Rotini with Meat Sauce or
Cheese Sauce**

- Steamed Asparagus
- Spinach Salad
- Dinner Roll
- Fresh Fruit and Veggie Bar
- Milk

12

**Grilled Cheese Sandwich or
Grilled Ham and Cheese**

- Tomato Tortellini Soup
- Cucumbers and Carrots
- Graham Crackers
- Fresh Fruit and Veggie Bar
- Milk

15

**Spaghetti with Meatballs
And Marinara Sauce**

- Roasted Carrots
- WW Dinner Roll
- Fresh Fruit and Veggie Bar
- Milk

16

Fresh Pizza

- Pepperoni, Cheese, Veggie
- Steamed Broccoli
- Caesar Salad with Romaine
- Roasted Chick Peas
- Fresh Fruit and Veggie Bar
- Milk

17

**Roast Turkey Sandwich
Open Faced on WW Bread**

- With Gravy
- Mashed Potatoes
- Green Beans ** Stuffing
- Cranberry Sauce
- Fresh Fruit and Veggie Bar
- Milk

18

**Hamburger, Cheese Burger
Or Veggie Burger
Lettuce**

- Baked Potato Wedges
- Buttery Corn
- Fresh Fruit and Veggie Bar
- Milk

19

22

23

24

25

26

APRIL RECESS - Time For Fresh Air, Sunshine, and Good Healthy Food

**Cheese Breadstick Dunkers
With Marinara Sauce**

- Honey Carrot Coins
- Peas
- Fresh Fruit and Veggie Bar
- Milk

29

**Fajita Chicken or Beans
With Cheese on WW Tortilla**

- Rainbow Peppers Strips with Dip
- Corn
- Brown Rice
- Fresh Fruit and Veggie Bar
- Milk

30

Alternative Meal

A daily alternative to the main entrée

- M, W, F – Bagel and Cream Cheese w/ 4 oz. Yogurt
- T, Th – Turkey and Cheese Sandwich

PRICES

- Breakfast - \$1.25
- Paid Lunch Meal \$2.70
- Reduced and Free Lunch – FREE
- Milk w/o a meal - \$.65
- Adult Breakfast \$2.50 Adult Lunch \$5.00

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opportunity employer