

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

Monday

Meatloaf "Cupcakes"
Mashed Potatoes
Peas
WW Biscuit
Fruit Selection
Milk

1

Tuesday

Macaroni and Cheese
Steamed Broccoli
Baked Beans
Dinner Roll
Fruit Selection
Milk

2

Wednesday

Pizza
Pepperoni, Cheese, Veggie
Carrot Sticks with Dip
Green Bean
Caesar Salad
Fruit Selection
Milk

3

Thursday

BBQ Chicken on a Bun
Corn
Roasted Chick Peas
Fruit Selection
Milk

4

Friday

Ham and Cheese Sub With Lettuce
Or Hummus and Veggie Sub
Broccoli Cheese Soup
Sweet Potato Fries
Fruit Selection
Milk

5

Breakfast For LUNCH

French Toast Sticks
VT Maple Syrup
Sausage Patty * Hash Browns
Steamed Broccoli
Vanilla Yogurt
Fruit Selection
Milk

8

TACO TUESDAY

Chicken Taco or Bean Taco
Shredded Lettuce *** Corn
Sour Cream ** Salsa
Mexican Black Beans
Brown Rice
Fruit Selection
Milk

9

EARLY RELEASE DAY

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

10

Honey Lemon Chicken

Roasted Green Beans
Sweet Potato Half
Whole Grain Biscuit
Fruit Selection
Milk

11

Rotini with Meat Sauce or Cheese Sauce

Steamed Asparagus
Spinach Salad
Dinner Roll
Fruit Selection
Milk

12

Grilled Cheese Sandwich or Grilled Ham and Cheese

Tomato Tortellini Soup
Cucumbers and Carrots
Graham Crackers
Fruit Selection
Milk

15

Spaghetti with Meatballs And Marinara Sauce

Roasted Carrots
Green Beans
WW Dinner Roll
Fruit Selection
Milk

16

Pizza

Pepperoni, Cheese, Veggie
Steamed Broccoli
Caesar Salad with Romaine
Roasted Chick Peas
Fruit Selection
Milk

17

Chicken and Biscuits

With seasonal Veggies
Green Beans
Fruit Selection
Milk

18

Hamburger, Cheese Burger Or Veggie Burger Lettuce

Baked Potato Wedges
Tender Sweet Peas
Fruit Selection
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
Fruit Selection
Milk

29

Fajita Chicken or Beans With Cheese on WW Tortilla

Rainbow Peppers Strips with Dip
Corn
Brown Rice
Fruit Selection
Milk

30

Alternative Meal

A daily alternative to the main entrée
Bagel & Cream Cheese with 4 oz. Yogurt or Cheese Stick

PRICES

Breakfast - \$1.85
Paid Lunch Meal \$2.85
Reduced and Free Lunch - FREE
Milk w/o a meal - \$.65
Adult Breakfast \$2.50 Adult Lunch \$5.00

**THIS INSTITUTION IS AN
EQUAL OPPORTUNITY**

