



April 2019

In Season Artichoke

One serving of artichokes provides greater antioxidant benefits per serving than many other foods traditionally considered to be antioxidant-rich.

They also provide 10.3 g of dietary fiber, which can improve your overall digestive health.



Monday

- Beef/Chicken Nachos 1
- Beef/Chicken Taco Salad
- Beef/Chicken Burrito
- Corn Dog
- Chicken Caesar Wrap
- Chicken Caesar Salad

Tuesday

- Vegan Coconut Curry 2
- Orange Chicken Bowl
- Chicken Tenders
- Chicken Caesar Wrap
- Chicken Caesar Salad

Wednesday

- Macaroni & Cheese 3
- Pasta with Meat Sauce
- Corn Dog
- Chicken Caesar Wrap
- Chicken Caesar Salad

Thursday

- Cheese Ripper with Tomato Soup 4
- Chicken Alfredo Pasta
- Corn Dog
- Chicken Caesar Wrap
- Chicken Caesar Salad

Friday

- Beef/Chicken Nachos 5
- Beef/Chicken Taco Salad
- Beef/Chicken Burrito
- Wild Alaska Fish Burger
- Chicken Caesar Wrap
- Chicken Caesar Salad

8

Spring Break!

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Spring Break!

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Spring Break!

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Spring Break!

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Spring Break!

- Beef/Chicken Nachos 15
- Beef/Chicken Taco Salad
- Beef/Chicken Burrito
- Corn Dog
- Chicken Caesar Wrap
- Chicken Caesar Salad

- BBQ Pork Sandwich 16
- Chicken Rice Soup
- Chicken Tenders
- Chicken Caesar Wrap
- Chicken Caesar Salad

- Chicken Drumstick 17
- Buffalo Chicken Tot'chos
- Corn Dog
- Chicken Caesar Wrap
- Chicken Caesar Salad

- Chicken Tortilla Soup with Chips 18
- Big Wild Alaska Fish Taco
- Chicken Tenders
- Chicken Caesar Wrap
- Chicken Caesar Salad

- Beef/Chicken Nachos 19
- Beef/Chicken Taco Salad
- Beef/Chicken Burrito
- Wild Alaska Fish Burger
- Chicken Caesar Wrap
- Chicken Caesar Salad

- Beef/Chicken Nachos 22
- Beef/Chicken Taco Salad
- Beef/Chicken Burrito
- Corn Dog
- Chicken Caesar Wrap
- Chicken Caesar Salad

- Chicken Teriyaki Bowl 23
- Korean BBQ Pork Bowl
- Chicken Tenders
- Chicken Caesar Wrap
- Chicken Caesar Salad

- Turkey Gravy with Mashed Potatoes 24
- Chicken Nugget Bowl
- Corn Dog
- Chicken Caesar Wrap
- Chicken Caesar Salad

- Cheese Ripper with Tomato Soup 25
- Pork Enchilada
- Chicken Tenders
- Chicken Caesar Wrap
- Chicken Caesar Salad

- Beef/Chicken Nachos 26
- Beef/Chicken Taco Salad
- Beef/Chicken Burrito
- Wild Alaska Fish Burger
- Chicken Caesar Wrap
- Chicken Caesar Salad

- Beef/Chicken Nachos 29
- Beef/Chicken Taco Salad
- Beef/Chicken Burrito
- Corn Dog
- Chicken Caesar Wrap
- Chicken Caesar Salad

- Chicken Curry 30
- Baked Potato with Chili
- Chicken Tenders
- Chicken Caesar Wrap
- Chicken Caesar Salad

This institution is an equal opportunity provider and employer.

Announcements

Offered Daily: Deli Sandwich, Pizza, Cheeseburger, Chicken Burger, Vegetable Burger, Yogurt Lunch AND Hummus Plate.

Included with All Lunches

Fruit & Vegetable Garden Bar
1% White or NF Chocolate Milk

Menu selections may change based on product availability.

*Juliana Fisher, MS, RDN, CD
Director, Food Services*

Meal Prices

Breakfast

Elementary	\$1.75
Secondary	\$2.00
Reduced K-12	Free
Adult	\$2.40

Lunch

Elementary	\$3.00
Secondary	\$3.25
Reduced K-3	Free
Reduced PK, 4-12	\$0.40
Adult	\$4.00
Milk Only	\$0.50