



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
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

Grilled Cheese ⊕ ⁴
with Tomato Soup
Chicken Alfredo Pasta ⊕
Chicken Tenders
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!

9

Spring Break!

10

Spring Break!

11

Spring Break!

12

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 ⊕ 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

Korean BBQ Pork ²³
Rice Bowl ⊕
Sweet-n-Sour Chicken Bowl
Chicken Tenders
Chicken Caesar Wrap
Chicken Caesar Salad

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

Grilled Cheese ⊕ ²⁵
with Tomato Soup
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.

⊕ = Scratch and partial scratch recipes or recipes being tested at Leota Middle School!

Announcements

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

Pizza slices now come with a side Caesar Salad! ⊕

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

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