



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 ¹
 Beef/Chicken Burrito
 Corn Dog
 Chicken Caesar Wrap
 Chicken Caesar Salad

Tuesday

Vegan Coconut Curry ²
 Teriyaki Chicken with Rice or Noodles
 Chicken Tenders
 Spicy Chicken Wrap
 Chicken Caesar Salad

Wednesday

Turkey Gravy with Mashed Potatoes & Roll ³
 Chicken Drumstick with Mashed Potatoes & Roll
 Corn Dog
 Chicken Caesar Wrap
 Chicken Caesar Salad

Thursday

Chicken Tortilla Soup ⁴ with Chips
 Alfredo Chicken Sandwich
 Chicken Tenders
 Spicy Chicken 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

Hawaiian Beef Bowl ¹⁶
 Sweet Thai Chili Chicken with Brown Rice
 Chicken Tenders
 Spicy Chicken Wrap
 Chicken Caesar Salad

Chicken Rice Soup ¹⁷ with Roll
 Buffalo Chicken Tot'chos
 Corn Dog
 Chicken Caesar Wrap
 Chicken Caesar Salad

Pork Enchilada ¹⁸
 Cheese Ripper with Tomato Soup
 Chicken Tender
 Spicy Chicken 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

Sweet-n-Sour Chicken with Rice or Noodles ²³
 Korean BBQ Pork Bowl
 Chicken Tenders
 Spicy Chicken Wrap
 Chicken Caesar Salad

Pasta with Meatballs ²⁴
 Chicken Potato Bowl with Roll
 Corn Dog
 Chicken Caesar Wrap
 Chicken Caesar Salad

Chicken Tortilla Soup ²⁵ with Chips
 Pulled Pork Sandwich
 Chicken Tenders
 Spicy Chicken 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
 Orange Chicken with Rice or Noodles
 Chicken Tenders
 Spicy Chicken Wrap
 Chicken Caesar Salad

This institution is an equal opportunity provider and employer.

Announcements

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

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, SNS
 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