



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

April Fools Trickster Treat!

- A. Pasta with Meat Sauce
- B. Cheese Stuffed Breadstick with Marinara Sauce
- C. Chicken Caesar Salad & Whole Grain Roll

Tuesday

- A. Cheese or Seasoned Chicken Nachos 2
- B. Bean & Cheese Burrito
- C. Yogurt Lunch

Baseball Cards!

Wednesday

- A. Orange Chicken 3 Rice Bowl
- B. Hawaiian Beef Teriyaki Rice Bowl
- C. Hummus Plate

Thursday

- A. Chicken Drumstick with Roasted Potatoes 4 and a roll
- B. Cheese Ripper
- C. Deli Stack Pack

State & Capital Crackers

Friday

- A. All White Meat 5 Chicken Burger
- B. Wild Alaska Fish Burger
- C. Yogurt Lunch

8

Spring Break!

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Spring Break!

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Spring Break!

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Spring Break!

12

Spring Break!

- A. Pepperoni Pizza 🐼 15
- B. Cheese Pizza
- C. Yogurt Lunch

- A. Cheese or Seasoned Beef Nachos 16
- B. Beef or Bean Taco Salad
- C. Yogurt Lunch

Baseball Cards!

- A. Dutch Waffle and Egg Moons 17
- B. Ham*, Egg & Cheese Breakfast Burger
- C. Hummus Plate

- A. Tomato Soup with Cheesy French Bread 18
- B. All White Meat Chicken Bites with Brown Rice
- C. Deli Stack Pack

Jungle Crackers

- A. All White Meat 19 Chicken Burger
- B. Wild Alaska Fish Burger
- C. Yogurt Lunch

- A. Pasta with Meat 22 Sauce
- B. Grilled Cheese Sandwich
- C. Yogurt Lunch

- A. Cheese or Seasoned Chicken Nachos 23
- B. Bean & Cheese Burrito
- C. Yogurt Lunch

Baseball Cards!

- A. Sweet-n-Sour 24 Chicken Bowl
- B. Teriyaki Chicken Bowl
- C. Hummus Plate

- A. BBQ Pulled Pork 25
- B. Pretzel with Cheese Sauce & Sunflower Seeds
- C. Deli Stack Pack

Juicy Sidekick

- A. Pepperoni Pizza 🐼 29
- B. Cheese Pizza
- C. Yogurt Lunch

- A. Cheese or Seasoned Beef Nachos 30
- B. Beef or Bean Taco Salad
- C. Yogurt Lunch

Baseball Cards!

This institution is an equal opportunity provider and employer.

- 🐼 = Contains pork
- * = Turkey Ham products containing 100% turkey - no pork ingredients

Announcements

ALSO AVAILABLE

Fridays: Vegetarian Burger upon Request

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