

APRIL 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cheeseburger Meatloaf w/ Gravy WG Roll / Hapa Rice Fruit & Corn	2 NO School
5 No School	6 Ground Beef & Mushroom Stroganoff Elbow Marcaroni / WG Roll Fruit / Salad w/ Dressing	7 Chicken & Cheese Quesadilla Tortilla Chips Shredded Lettuce & Tomato Fruit	8 Hamburger Steak w/ Gravy Hapa Rice Fruit & Corn	9 Beef Ravioli w/ Cheese WG Roll Steamed Veggies / Fruits
12 Breaded Fish w/ Tartar Sauce Hapa Rice Salad w/ Dressing Fruit	13 Chicken Parmesan Sandwich Potato Chips Steamed Veggies / Fruits	14 Cheese Pizza Carrot / Fruit	15 Teriyaki Chicken Hapa Rice Fruit & Corn	16 Shepherd's Pie WG Roll Steamed Veggies / Fruits
19 Pesto Alfredo WG Roll Salad w/ Dressing Fruit	20 Pepperoni Pizza Sticks Carrot Sticks Fruit	21 Turkey & Cheese Sandwich Potato Chips Celery sticks / Fruit	22 BBQ Meatballs Hapa Rice Steamed Veggies / Fruit	23 Chili Frank Hapa Rice Corn / Fruit
26 Mac n' Cheese WG Roll Salad w/ Dressing / Fruit	27 Shoyu Hot Dog Hapa Rice Steamed Veggies / Fruits	28 Chicken Burger Tortilla Chips Corn / Fruit	29 Hamburger Curry Hapa Rice Steamed Veggies / Fruit	30 Huli Huli Chicken Hapa Rice Corn / Fruit

It takes 2,400 gallons of water to produce a pound of beef-that's over 500 gallons for every hamburger that goes to waste! On average, for every 100 calories of grain that is grown, only 12 calories of meat are produced.

