



# Hill Top Academy April 2025 Lunch Menu

Free  
Student  
Lunches

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</b> </p> <p><b>Deluxe Taco w/Cheese, Salsa &amp; Sour Cream</b> <u>Choice of Two</u> Refried Beans Baby Carrots <u>Choice of One or Two</u> Mixed Fruit, Fresh Fruit, 100% Juice Pretzels Milk</p>	<p><b>2</b></p> <p><b>Cheeseburger Sub</b> <u>Choice of Two</u> Potato Smiles Baby Carrots <u>Choice of One or Two</u> Pineapple, Fresh Fruit, 100% Juice Milk</p>	<p><b>3</b></p> <p><b>Grilled Chicken Sandwich</b> <u>Choice of Two</u> Seasoned Broccoli w/Cheese Sauce Baby Carrots <u>Choice of One or Two</u> Cinnamon Apple Slices, Fresh Fruit, 100% Juice Milk</p>	<p><b>4</b></p> <p><b>Breaded Fish Sandwich w/Tartar Sauce</b> <u>Choice of Two</u> Onion Rings Creamy Cole Slaw Baby Carrots <u>Choice of One or Two</u> Peaches, Fresh Fruit, 100% Juice Milk</p>
<p><b>7</b></p> <p style="color: purple; font-size: 1.2em;">Staff Professional Development Students Off</p>	<p><b>8</b> </p> <p><b>Deluxe Taco w/Cheese, Salsa &amp; Sour Cream</b> <u>Choice of Two</u> Refried Beans Baby Carrots <u>Choice of One or Two</u> Mixed Fruit, Fresh Fruit, 100% Juice Pretzels/Ice Cream/Milk</p>	<p><b>9</b></p> <p><b>Ham &amp; Cheese Sub</b> <u>Choice of Two</u> Seasoned Carrots Fresh Broccoli Cup Baby Carrots <u>Choice of One or Two</u> Applesauce, Fresh Fruit, 100% Juice Milk</p>	<p><b>10</b></p> <p><b>Mini Corn Dogs</b> <u>Choice of Two</u> Sweet Potato Fries Baby Carrots <u>Choice of One or Two</u> Pineapple, Fresh Fruit, 100% Juice Milk</p>	<p><b>11</b></p> <p><b>French Bread Pizza</b> <u>Choice of Two</u> Seasoned Green Peas Baby Carrots <u>Choice of One or Two</u> Mixed Fruit, Fresh Fruit, 100% Juice Milk</p>
<p><b>14</b> </p> <p><b>Baked Macaroni &amp; Cheese</b> <u>Choice of Two</u> Seasoned Mixed Vegetables Baby Carrots <u>Choice of One or Two</u> Cinnamon Apple Slices, Fresh Fruit, 100% Juice Ice Cream/Milk</p>	<p><b>15</b> </p> <p><b>Deluxe Taco w/Cheese, Salsa &amp; Sour Cream</b> <u>Choice of Two</u> Refried Beans Baby Carrots <u>Choice of One or Two</u> Mixed Fruit, Fresh Fruit, 100% Juice Pretzels Milk</p>	<p><b>16</b></p> <p><b>Turkey &amp; Cheese Croissant</b> <u>Choice of Two</u> Seasoned Broccoli w/Cheese Sauce Baby Carrots <u>Choice of One or Two</u> Pineapple, Fresh Fruit, 100% Juice Milk</p>	<p><b>17</b></p>  <p style="color: orange; font-size: 1.1em;">Spring Break No School Students &amp; Staff Off</p>	<p><b>18</b></p>  <p style="color: orange; font-size: 1.1em;">Spring Break No School Students &amp; Staff Off</p>
<p><b>21</b></p>  <p style="color: orange; font-size: 1.1em;">Spring Break No School Students &amp; Staff Off</p>	<p><b>22</b></p> <p><b>WG Pizza Boli</b> <u>Choice of Two</u> Seasoned Mixed Vegetables Baby Carrots <u>Choice of One or Two</u> Peaches, Fresh Fruit, 100% Juice Milk</p>	<p><b>23</b></p> <p><b>Hamburger or Cheeseburger on Roll</b> <u>Choice of Two</u> Potato Wedges Baby Carrots <u>Choice of One or Two</u> Pears, Fresh Fruit, 100% Juice Milk</p>	<p><b>24</b></p> <p><b>Oven Baked Chicken Brown Rice Pilaf</b> <u>Choice of Two</u> Seasoned Carrots Baby Carrots <u>Choice of One or Two</u> Blueberries w/Topping, Fresh Fruit, 100% Juice WW Dinner Roll Milk</p>	<p><b>25</b></p> <p><b>Fish Nuggets w/Tartar Sauce</b> <u>Choice of Two</u> Potato Rounds Baby Carrots <u>Choice of One or Two</u> Cinnamon Apple Slices, Fresh Fruit, 100% Juice WW Dinner Roll Milk</p>
<p><b>28</b> </p> <p><b>"Brunch for Lunch"</b> Scrambled Eggs w/Cheese Ham Slice <u>Choice of Two</u> Potato Hash Brown Baby Carrots <u>Choice of One or Two</u> Mixed Fruit, Fresh Fruit, 100% Juice WG Biscuit/Ice Cream/Milk</p>	<p><b>29</b> </p> <p><b>Deluxe Taco w/Cheese, Salsa &amp; Sour Cream</b> <u>Choice of Two</u> Refried Beans Baby Carrots <u>Choice of One or Two</u> Pears, Fresh Fruit, 100% Juice Pretzels Milk</p>	<p><b>30</b></p> <p><b>Breaded Chicken Patty on Roll</b> <u>Choice of Two</u> Seasoned Broccoli Baby Carrots <u>Choice of One or Two</u> Peaches, Fresh Fruit, 100% Juice Milk</p>		<div style="border: 1px solid black; padding: 10px; background-color: #90ee90; width: fit-content; margin: 0 auto;"> <p>The CAIU &amp; USDA are an equal opportunity provider.</p> </div>

Menu Subject to Change

All menus are posted on our website @ [www.caiu.org](http://www.caiu.org)



-  Plant trees
-  Make a birdhouse out of recycled materials
-  Learn about the environment & how you can protect it
-  Reduce, reuse & recycle
-  Clean up litter
-  Hold a garage sale, donate, or reuse items that you don't want or need.



April is National Humor Month so it is a great time to LAUGH and add a little humor to your day!

- Did you know that laughter:**
- ☺ Boosts your heart rate & increases blood flow
  - ☺ Reduces stress
  - ☺ Strengthens the immune system
  - ☺ Relaxes the whole body
  - ☺ Helps you recharge...helping you focus and achieve more!
  - ☺ It can be contagious
- Just remember...the great thing about humor and laughter is that there is a bottomless supply, you don't need to sign up for anything, it doesn't cost a thing, and you can have as much of it as you like!

- Healthy APRIL Tips!**
- ☺ Pick a new fruit to try each week in April!
  - ☺ Rinse fruits & veggies under running tap water.
  - ☺ Avoid foods that are deep fried!
  - ☺ Have veggies cut up in a bowl in the fridge with a low fat dip for snacking!
  - ☺ Eat whole wheat/whole grains over white!