



Orange County Schools High School Menus for April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Menus are subject to change. Meal Prices Breakfast: \$1.75 Lunch: \$3.25 Adults: A la carte pricing	April 1 No School Spring Break	April 2 No School Spring Break	April 3 No School Spring Break	April 4 No School Spring Break
April 7 No School Teacher Workday	April 8 Waffles Oven Roasted Chicken w/Roll or Salisbury Steak w/Gravy & Roll Mashed Potatoes Green Peas Fruit Choices	April 9 Super Donut Chicken Alfredo w/Breadstick or Boneless Wings w/Breadstick Creamed Spinach Roasted Carrots Fruit Choices	April 10 Breakfast Sandwich w/Hashbrowns Loaded Walking Nachos or Chicken Wings w/Roll Tossed Salad Fiesta Black Beans Fruit Choices	April 11 Sweet Bread Slice Assorted Pizza or Spicy Chicken Sandwich French Fries Carrots w/Dip Fruit Choices
April 14 Strawberry Bagel Chicken Quesadilla or Loaded Nachos Spicy Pinto Beans Green Peas Fruit Choices	April 15 Sweet Bread Slice Orange Chicken w/Rice or Fajita Rice Bowl Glazed Carrots Steamed Broccoli Fruit Choices	April 16 Cinnamon Bun Chicken Grinder or Lasagna w/Garlic Toast Tossed Salad Sweet Potato Fries Fruit Choices	April 17 Waffles w/Sausage Links Assorted Pizza or Spicy Chicken Sandwich Waffle Fries Carrots w/Dip Fruit Choices	April 18 No School
April 21 Breakfast Muffin Garlic French Bread w/Marinara or Chicken Sandwich Sweet Potato Fries Cheesy Broccoli Fruit Choices	April 22 Breakfast Sandwich Mango Habanero Chicken Rice Bowl or Baked Spaghetti w/Garlic Toast Side Salad Green Beans Fruit Choices	April 23 Eggs, Bacon, Toast Carolina Cheeseburger on Bun or Pork BBQ Sandwich Baked Beans Cole Slaw Fruit Choices	April 24 Breakfast Sandwich w/Hashbrowns Beef or Chicken Soft Tacos or Chicken Wings w/Roll Salsa Buttered Corn Fruit Choices	April 25 Waffles w/Sausage Links Assorted Pizza or Spicy Chicken Sandwich Waffle Fries Carrots w/Dip Fruit Choices
April 28 Breakfast Pizza Teriyaki Chicken Rice Bowl or Asian Dumplings Glazed Carrots Steamed Broccoli Fruit Choices	April 29 Waffles Oven Roasted Chicken w/Roll or Salisbury Steak w/Gravy & Roll Mashed Potatoes Green Peas Fruit Choices	April 30 Super Donut Chicken Alfredo w/Breadstick or Boneless Wings w/Breadstick Creamed Spinach Roasted Carrots Fruit Choices	Daily Alternate Breakfast Entrée Options include: Cereal w/Graham Crackers Assorted Grab & Go Options Daily Alternate Lunch Entrée Options include: Assorted Grab & Go Options	Breakfast includes 100% Fruit Juice and Fruit Choice, Breakfast and Lunch include choice of fat-free chocolate or 1% milk

Nutrition Byte - Every Youth Healthy

Did you know that April 21-25 is Every Kid Healthy Week? Every Kid Healthy™ Week is an annual celebration of school health and wellness. It takes place during the last full week of April – each day shines a spotlight on the actions schools and families are taking to improve the health and wellness of their kids and teens.

Nutrition, physical activity, and mental health impact learning. Eating nutritious meals and snacks, getting enough sleep, having a support system and healthy strategies to manage

stress, and moving more with walking, biking, dancing, playing sports, or other activities you enjoy are all important. Everyone can take action during Every Kid Healthy™ Week and throughout the year. **Nutrilink:** Learn more and find resources at [actionforhealthykids.org](https://www.actionforhealthykids.org).

- Prepare and choose nutritious foods and beverages.
- Move more for fitness.
- Be kind to yourself and others.
- Serve as a role model for health and wellness.

- Learn about your local wellness policy for your school district and find ways you can get involved.
- Promote and support wellness for your school, family, and community.