



ALUM ROCK UNION SCHOOL DISTRICT K-5 ELEMENTARY APRIL 2025

TO MAKE A BREAKFAST:

Must take an entree
& 1/2 cup of fruit or
juice!

**ALL MEALS ARE
AT NO COST TO
ALL STUDENTS!**

WHAT MAKES A COMPLETE LUNCH?

Choose at least 3
different food
components
&
one must be 1/2 cup
of fruit and/or
vegetable!

MENU KEY:

(V) Vegetarian
(C) Chicken
(B) Beef
(P) Pork
(T) Turkey
(F) Fruit
(S) Seafood



MON

TUE

WED

THU

FRI

APR 1

Cinni Mini (V)

Mac & Cheese Bowl
w/ Roll (V)
Beef Taco Stick (B)

APR 2

Cinni Swirl (V)

BBQ Rib Sandwich
(B)
Buffalo Chicken and
Fries w/Roll (C)

APR 3

COOKS CHOICE

Corn Dog (C)
Pizza Crunchers (V)

APR 4

Bagel Cream Cheese
(V)

COOKS CHOICE
Hamburger on
Brioche Bun (B)

APR 7-11 SPRING BREAK

STUDENTS NOT IN ATTENDANCE



APR 14

Cereal & Crackers (V)

Pepp Pizza Sliders
(P,B)
Grilled Cheese (V)

APR 15

Choc Chip Muffin (V)

American Burger (B)
Chicken Tamale (C)

APR 16

Mini Glazed Bites (V)

Chicken N Waffles (C)
Mucho Queso
Jalapeno Dip w/Chips
(V)

APR 17

Froot Loop Waffle (V)

Pepperoni Pinwheel
(T)
Drumstick w/Roll (C)

APR 18

Banana Bread (V)

COOKS CHOICE
Hot Dog on Brioche
Bun (B)

APR 21

Pan Dulce Concha (V)

Rotini w/Beef Sauce
(B)
Pepp Stuffed
Sandwich (T)

APR 22

Cinn Bun Glazed (V)

Cheeseburger
Sliders (B)
Beef N Cheese Taco
Crispups (B)

APR 23

Sweet Pot/Choc
Muffin (V)

Double Dog (B)
Chicken Sandwich on
Brioche Bun (C)

APR 24

Confetti Pancakes (V)

Teriyaki Rice Bowl (C)
Puposas Bean &
Cheese (V)

APR 25

Mocha Crumble Cake
(V)

Cheese Pizza Rippers
(V)
Mini Corn Dogs and
Criss Cross Fries w/Roll
(C)

APR 28

Pan Dulce Concha (V)

Pepp Pizza Sliders
(P,B)
Grilled Cheese (V)

APR 29

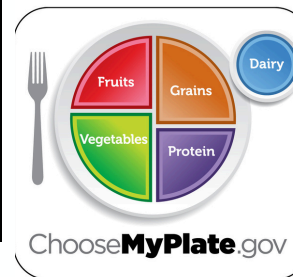
Cinni Mini (V)

Mac & Cheese Bowl
w/ Roll (V)
Beef Taco Stick (B)

APR 30

Cinni Swirl (V)

BBQ Rib Sandwich
(B)
Buffalo Chicken and
Fries w/Roll (C)



*** MENU SUBJECT TO CHANGE WITHOUT NOTICE. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.**



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HARVEST OF THE MONTH



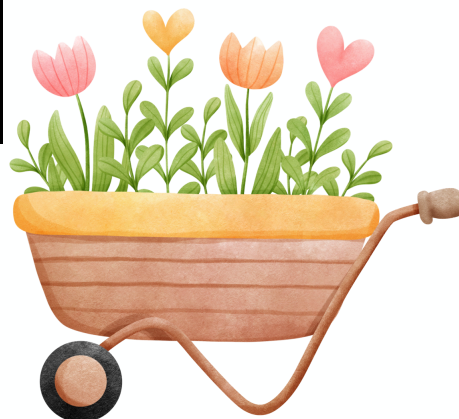
This month we are offering **Strawberries**. Strawberries are very healthy, containing many antioxidants and vitamins. They're also low in calories, containing only about 32 calories per half a cup. They are an excellent source of vitamin C and manganese and also contain decent amounts of folate(vitamin B9) and potassium.

SALAD BAR OPTIONS

Baby Carrots (V)	Bananas (F)
Asparagus Salad (V)	Mandarins (F)
Garbanzo Beans (V)	Apples (F)
Broccoli (V)	Strawberries (F)
Canned Corn (V)	Navel Oranges (F)
Shredded Beets (V)	
Cabbage Salad (V)	Salad Dressings:
Kidney Beans (V)	Homemade Ranch and
Salad Greens (V)	Apple Cider Vinegar
Celery (V)	
Cucumbers (V)	
Jicama (V)	



This month we are featuring **Asparagus**. Asparagus can be enjoyed raw or cooked, and it's often a star ingredient in soups, stews, salads, and other dishes. Asparagus benefits include its low in calories and its high in vitamins, minerals, and antioxidants. Dietary fiber is essential for good digestive health. Just half of cup of asparagus (1.8 g of fiber) contains 7% of your daily needs.



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