

Lunch K-8

APRIL 2024

MON	TUE	WED	THU	FRI
<p>1 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V) Fresh Apple</p>	<p>2 Beef Meatballs in Tomato Sauce w/ Club Roll or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear</p>	<p>3 Hot Honey Chicken Ciabatta Sandwich or French Toast Sticks w/ Scrambled Eggs (V) Roasted Sweet Potatoes Fresh Apple</p>	<p>4 Adobo Chicken w/ Cilantro Brown Rice & Street Corn or Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Banana</p>	<p>5 Egg Salad Sandwich (V) or French Bread Cheese Pizza (V) Celery w/ Ranch Dressing Fresh Apple</p>
<p>8 Meatloaf w/ Gravy, Mashed Potatoes & Whole-Wheat Bun or Cheese Quesadilla w/ Sour Cream and Street Corn (V) Fresh Apple</p>	<p>9 BBQ Chicken w/ Brown Rice & Baked Beans or NEW! Latin Bean Melt Flatbread (V) Fresh Pear</p>	<p>10 Buffalo Chicken Melt Flatbread Celery Sticks w/ Ranch Dressing or Cheese Raviolis w/ Green Beans (V) Fresh Apple</p>	<p>11 Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana</p>	<p>12 NEW! Southwestern Chicken Salad w/ Pita Bread & Ranch Dressing or Cheese Pizza w/ Garden Salad & Ranch Dressing Fresh Apple</p>
<p>15 BBQ Beef Meatballs w/ Club Roll or Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Apple</p>	<p>16 Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Whole-Wheat Bread Slice & Peas (V) Fresh Pear</p>	<p>17 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple</p>	<p>18 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana</p>	<p>19 Chicken Breast Sandwich w/ Mayo or French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple</p>
<p>22 Beef Cheeseburger w/ Ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple</p>	<p>23 Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Pear</p>	<p>24 Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli or Veggie Burger w/ Ketchup Garden Side Salad w/Ranch Dressing (V) Fresh Apple</p>	<p>25 Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing or Cobb Salad w/ Pita Bread (V) Fresh Banana</p>	<p>26 Turkey & Cheese Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple</p>
<p>29 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V) Fresh Apple</p>	<p>30 Beef Meatballs in Tomato Sauce w/ Club Roll or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear</p>			

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Lunch Milk Choices

1% Milk and Skim Milk

Please Note

Locally Grown Component Served Daily

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V"

