

April 2018

JR/SR High School



	Breakfast 7:30 – 8:00		Lunch	
	Reduced	Paid	Reduced	Paid
Student	FREE	FREE	FREE	FREE
Adults		\$2.40		\$3.80

MENU SUBJECT TO CHANGE



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

AUTISM AWARENESS
ARAB AMERICAN



Monday	Tuesday	Wednesday	Thursday	Friday
NO SCHOOL 2	NO SCHOOL 3	NO SCHOOL 4	NO SCHOOL 5	NO SCHOOL 6
Chicken Patty on a Roll 9 V: Fish on a Roll Vegetarian Beans Mixed Fruit Asst. Milk French Fries	Macaroni & Cheese 10 Green Beans Peaches Asst. Milk	French Toast Sticks w/Turkey Sausage 11 V: Falafel Patties Corn Strawberry Asst. Milk	NATIONAL GRILLED CHEESE DAY 12 Toasted Cheese w/Tomato Soup & Carrots Pears Asst. Milk, French Fries	NATIONAL PEACH COBBLER DAY 13 Pepperoni Pizza V: Cheese Pizza Caesar Salad Peaches Asst. Milk
Cheeseburger 16 V: Veggie Burger Corn Pear Asst. Milk French Fries	Tacos 17 V: Fish Tacos Black Bean Salsa Apple sauce Asst. Milk	Sloppy Joe on a Roll 18 V: Fish on a Roll Broccoli w/ Cheese Peaches Asst. Milk Hash Brown	NATIONAL GARLIC DAY 19 Spaghetti & Meatball w/Garlic Bread V: Baked Ziti Carrots Mixed Fruit, Asst. Milk	Mozzarella Cheese Sticks 20 w/ Sauce Baked Cookie Toss Salad Fresh Cantaloupe Asst. Milk
Chicken Nuggets w/ Pierogies 23 V: Fish Nuggets Green Beans Mixed Fruit Asst. Milk	NATIONAL PIG IN A BLANKET DAY 24 Hot Dog on a Roll V: Fish Patty Corn Pears Asst. Milk, French Fries	Loaded Nachos 25 V: Cheese Nachos Salsa Peaches Asst. Milk	NATIONAL PRETZEL DAY 26 BBQ Chicken w/Pretzel V: Baked Fish Baked Beans Apple Sauce Asst. Milk, Potato Salad	Turkey Club Wrap 27 V: Roasted Veg. Wrap Broccoli w/ Dip Peaches Asst. Milk Potato Rounds
NATIONAL OATMEAL COOKIE DAY 30 Sloppy Joe on a Roll Corn Peaches Asst. Milk, Hash Brown Oatmeal Cookie		Offered Daily Asst. Sandwiches Salad Bar Asst. Fresh Fruit Asst. 100% Fruit Juice		