

APRIL | 2023

Elementary Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sweet and Sour Meatballs Brown Rice Broccoli Fresh Fruit Choice of Milk	4 Chicken and Waffles Strawberry Topping Carrots Fresh Fruit Choice of Milk	5 Pizza Crunchers Baked Beans Fresh Fruit Choice of Milk	6 Hamburger/ Cheeseburger French Fries Fresh Fruit Choice of Milk	7 Calzones Cauliflower Fresh Fruit Choice of Milk
10 Walking Taco Refried Beans Fresh Fruit Choice of Milk	11 Chicken Drumstick Biscuit Mashed Potatoes Fresh Fruit Choice of Milk	12 Hot Dog Candied Carrots Fresh Fruit Choice of Milk	13 Chicken Fries Mac and Cheese Broccoli Fresh Fruit Choice of Milk	14 French Bread Pizza Celery Fresh Fruit Choice of Milk
17 Beef Teriyaki Dippers Dinner Roll Carrots Fresh Fruit Choice of Milk	18 Mini Corn Dogs Baked Beans Fresh Fruit Choice of Milk	19 Bosco Sticks with Marinara Sauce Corn Fresh Fruit Choice of Milk	20 Orange Chicken Vegetable Fried Rice Broccoli Fresh Fruit Choice of Milk	21 Sliced Cheese Pizza Cucumbers Fresh Fruit Choice of Milk
24 Sweet and Sour Meatballs Brown Rice Broccoli Fresh Fruit Choice of Milk	25 Chicken and Waffles Strawberry Topping Carrots Fresh Fruit Choice of Milk	26 <u>National Pretzel Day!</u> Soft Pretzels Cheese Sauce Baked Beans Fresh Fruit Choice of Milk	27 Hamburger/ Cheeseburger French Fries Fresh Fruit Choice of Milk	28 Calzones Cauliflower Fresh Fruit Choice of Milk

Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

Daily Alternative Choices:

All alternative meals include choice of milk, fruit and/or vegetable

Mon/Wed/Fri:

- Lunch Kits (similar to lunchables):
 - Pizza
 - Turkey, Cheese and Crackers

Tues/Thurs:

- Peanut-Free Wowbutter and Jelly Sandwich^v
- Protein Power: yogurt, grain, string cheese^v

Meal Prices:

Breakfast: \$2.25
Lunch: \$3.40
Adult: \$4.80
Extra Milk: \$0.50