


# APRIL MENU

SECONDARY

An Uncrustable Grab N' Go, Protein Pack, Chef Salad, and Milk will be offered with every meal.

Monday	Tuesday	Wednesday	Thursday	Friday
4 Chicken Spaghetti with Hot Roll or Chili Dog with Chips or Pizza Seasoned Vegetables Garden Salad Fresh Fruit Salad	5 Nachos or Burger Garden Salad Refried Beans Spanish Rice Homemade Salsa Banana Sundaes	6 Lasagna with Garlic Toast or Pizza Steamed Broccoli Garden Salad Fruit Cup	7 Chicken Nuggets or Fingers with Hot Roll or Burger Mashed Potatoes Seasoned Vegetables Garden Salad Berries & Cream	8  Grab N' Go Sack Lunch
11 Asian Bowl or Pizza Fried Rice Steamed Carrots Garden Salad Fruit Cup	12 Tacos or Burger Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Fruit Cup	13 Spaghetti with Meat Sauce and Garlic Toast or Pizza Seasoned Green Beans Garden Salad Fruit Cup	14 Country Chicken Bowl or Chicken Bucket with Hot Roll or Burger Seasoned Vegetables Garden Salad Pineapple Fluff	15 Enjoy Your Day Off!
18 Enjoy Your Day Off!	19 Enchiladas or Burritos Garden Salad Refried Beans Spanish Rice Homemade Salsa Berries & Cream	20 Meatball Sub with Chips or Pizza Garden Salad Seasoned Vegetables Fruit Cup	21 Chicken Drumstick or Steak Fingers with Hot Roll or Burger Mashed Potatoes Seasoned Vegetables Garden Salad Rainbow Apple Sauce	22 Cheese Burger or Chicken Sandwich Basket with Fries Garden Salad Fresh Fruit
25 Mini Corn Dogs or Hot Dog Macaroni & Cheese Steamed Vegetables Garden Salad Fruit Cup	26 Nachos Garden Salad Refried Beans Homemade Salsa Spanish Rice Fruit Cup	27 Calzones or Pizza Seasoned Vegetables Garden Salad Fruit Cup	28 Country Chicken Bowl or Chicken Bucket Hot Roll Seasoned Vegetables Garden Salad Colorful Pears	29 Chicken Sandwich or Cheese Burger Basket with Fries Garden Salad Fresh Fruit

## PEAS PLEASE

One of the most versatile and yummy vegetables around is in season this month, the Pea! For such a tiny little thing, it is packed with a lot of health benefits.

- Just one serving of freshly frozen garden peas contain as much Vitamin C as two large apples! Vitamin C boosts our immune system and helps keep us healthy.
- A 100 calorie serving of peas contains more protein than a whole egg or tablespoon of peanut butter! Protein gives you the energy needed to succeed in whatever activity you are taking on.
- Peas are packed full of fiber, which helps clean your body out and keeps you "regular".



An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 & 3	Yogurt & Muffin	Eggs w/ Bacon & Toast	Cini Minis	Breakfast Taco	Pig in a Blanket
Week 2 & 4	Pancake Wrap	Eggs w/ Sausage & Toast	Biscuits and Sausage	Eggo Waffles	Breakfast on Bun

This institution is an equal opportunity provider. The menu is subject to change based on supplier availability.