

Tuesday, April 1
<b>Breakfast</b> French Toast Bites with Syrup
<b>Lunch</b> Beef & Cheese Nachos
Steamed Corn
Fruit / Milk Choice

Wednesday, April 2
<b>Breakfast</b> Wholegrain Donut Cake Stick
<b>Lunch</b> Cheeseburger on a Wholegrain Bun
Baked Fries
Fruit / Milk Choice

Thursday, April 3
<b>Breakfast</b> Mini Pancakes and Sausage with Syrup
<b>Lunch</b> Chicken Sandwich with Baked Waffle Fries
Tossed Garden Salad
Fruit / Milk Choice

Friday, April 4
<b>Breakfast</b> Super Bakery Breakfast Bar with Yogurt Cup
<b>Lunch</b> Grilled Cheese Sandwich with Goldfish Crackers
Tomato Soup
Fruit / Milk Choice

**YOU'RE GOOD**



**ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG**

Monday, April 7
<b>Breakfast</b> General Mills Cereal Bar with Yogurt Cup
<b>Lunch</b> Breaded Chicken Tenders with Buttered Noodles
Steamed Corn
Fruit / Milk Choice

Tuesday, April 8
<b>Breakfast</b> Toasted Wholegrain Pop Tart & Cheese Stick
<b>Lunch</b> French Toast and Sausage Links
Hash Brown Potatoes
Fruit / Milk Choice

Wednesday, April 9
<b>Breakfast</b> Sausage & Cheese Breakfast Pizza
<b>Lunch</b> Corn Dog Nuggets with Macaroni & Cheese
Seasoned Green Beans
Fruit / Milk Choice

Thursday, April 10
<b>Breakfast</b> Egg & Bacon Breakfast Bagel
<b>Lunch</b> Baked Hoagie on a Wholegrain Bun
Crispy Potato Sticks
Fruit / Milk Choice

Friday, April 11
<b>Breakfast</b> Super Bakery Banana Bread with Yogurt Cup
<b>Lunch</b> French Bread Pizza Wedge
Tossed Garden Salad
Fruit / Milk Choice

## NUTRITION TO GO

As a rule, Americans don't eat enough beans! Beans are the best plant source of protein and contain little of the fat and cholesterol that accompany the protein in meat. Beans also provide more fiber than almost any other plant food and nearly as much calcium as milk. Plus, beans' slow release of glucose makes them a superfood for people with diabetes.

**A QUICK BITE FOR PARENTS**

## SPIN YOUR WHEELS.



Biking may be the only activity that combines exercise, fun, AND transportation! Just remember to always wear bright clothes, a helmet, and close-toed shoes – and follow the rules of the road!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!**

**Monday, April 14**

**Breakfast**  
Cereal Choice with Graham Crackers or Cheese Stick

**Lunch**  
Baked Breaded Chicken Sticks

Baked Smiley Fries

Fruit / Milk Choice

**Tuesday, April 15**

**Breakfast**  
Buttermilk Pancake Bites with Syrup

**Lunch**  
Quesadilla Pizza Wedge

Spanish Rice

Fruit / Milk Choice

**Wednesday, April 16**

**Breakfast**  
Egg & Cheese Breakfast Sandwich

**Lunch**  
Meatball & Mozzarella Hoagie with Baked Fries


\*Holiday Dessert Item

Fruit / Milk Choice

**VEGETABLE**

**Romaine**

Romaine lettuce contains six times more vitamin C, four times more calcium, and ten times more beta carotene than ordinary iceberg lettuce, and it's very high in folic acid, too. Best of all, it has more flavor!



**OF THE MONTH**

**Tuesday, April 22**

**Breakfast**  
Baked Cinnamon Donut Holes

**Lunch**  
Breaded Pizza Crunchers

Steamed Corn

Fruit / Milk Choice

**Wednesday, April 23**

**Breakfast**  
Sausage & Cheese Breakfast Pizza

**Lunch**  
Hot Dogs on a Wholegrain Bun

Honey Baked Beans

Fruit / Milk Choice

**Thursday, April 24**

**Breakfast**  
Baked Wholegrain Churros with Yogurt Cup

**Lunch**  
Steak & Cheese Hoagie

Crinkle Cut Fries

Fruit / Milk Choice

**Friday, April 25**

**Breakfast**  
Western Omelet with Flavored Muffins

**Lunch**  
Pepperoni Pizza Slice

Tossed Garden Salad

Fruit / Milk Choice



**Every complete meal we serve comes with your choice of milk!**

**Breakfast:**  
Choose at least 3 of 4 available component

Daily breakfast entrée or variety of alternate choices

Fruit or 100% Fruit Juice

Milk Choice

**Monday, April 28**

**Breakfast**  
Super Bakery Breakfast Bar with Yogurt Cup

**Lunch**  
Popcorn Chicken with Whipped Potatoes

Vegetable Choice

Fruit / Milk Choice

**Tuesday, April 29**

**Breakfast**  
Maple Waffle Bites with Syrup

**Lunch**  
Breakfast Sandwich on a Toasted Croissant

Baked Tater Tots

Fruit / Milk Choice

**Wednesday, April 30**

**Breakfast**  
Baked Wholegrain Funnel Cake

**Lunch**  
Beef & Cheese Taco with Shredded Lettuce

Steamed Corn

Fruit / Milk Choice

**Lunch:**  
Alternate Choice:  
1) Deli Hoagie  
2) Peanut Butter & Jelly Sandwich

Available Daily:  
Fruit or 100% Fruit Juice  
Vegetable Choice  
Wholegrain Breads/Rolls  
Milk Choice

First things First

**BREAKFAST @SCHOOL**

**For first-class learning!**