

**Menus For April 2025
Springdale Junior/Senior
High School**



Tuesday, April 1

Line 1: Chicken Tenders & Whipped Potatoes
Line 2: Cheeseburger or Pizza

Wednesday, April 2

Line 1: Chicken & Broccoli Alfredo
Line 2: Chicken Sandwich with Baked Fries

Thursday, April 3

Line 1: Spicy Chicken with Cheesy Potatoes
Line 2: Hot Dog or Pizza

Friday, April 4

Line 1: Fish & Chips Basket
Line 2: Buffalo or French Bread Pizza

YOU'RE GOOD
ALL STUDENTS EAT ALL MEALS@
NO COST ALL YEAR LONG



Monday, April 7

Line 1: Hot Honey Chicken Sandwich
Line 2: Baked Italian Hoagie or Pizza

Tuesday, April 8

Line 1: Quesadilla Pizza & Spanish Rice
Line 2: Chicken Sandwich or Pizza

Wednesday, April 9

Line 1: Asian Chicken with Rice & Vegetables
Line 2: Cheeseburger with Baked Fries

Thursday, April 10

Line 1: Chicken Bites & Baked Crunchers
Line 2: French Bread Pizza Wedge

Friday, April 11

Line 1: Baked Chicken with Mac & Cheese
Line 2: Breaded Fish Sandwich

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

Line 1: French Toast Sticks & Hash Browns

Line 2: Baked Pizza Crunchers

Tuesday, April 15

Line 1: Beef & Cheese Nachos with Corn

Line 2: French Bread Pizza Wedge

Wednesday, April 16

Line 1: Grilled Cheese & Tomato Soup

Line 2: Ham & Cheese on a Pretzel Bun



Tropical rain forests cover only 7% of the world's land, but they contain as many as half of the world's living things.



Tuesday, April 22

Line 1: Barbecue Rib Sandwich

Line 2: Chicken Sandwich with Mac & Cheese

Wednesday, April 23

Line 1: Popcorn Chicken Bowl with Biscuit

Line 2: Buffalo Chicken Pizza

Thursday, April 24

Line 1: Double Burger with Baked Fries

Line 2: French Bread Pizza Wedge

Friday, April 25

Line 1: BOSCO Sticks with Pizza Sauce

Line 2: Cheeseburger with Baked Fries

Monday, April 28

Line 1: Southern Chicken Sandwich

Line 2: Baked Deli Hoagie or Pizza

Tuesday, April 29

Line 1: Soft Shell Beef Taco & Rice

Line 2: Chicken Sandwich with Baked Fries

Wednesday, April 30

Line 1: Pasta & Meatballs with Breadstick

Line 2: Cheeseburger with Baked Fries

Breakfast:

Choose at least 3 of the 4 available components

Daily breakfast entrée or variety of alternate choices

Fruit Choice or 100% Fruit Juice

Fat-Free & Low-Fat Milk

Serving Times: 7:20am to 7:45am

Making a Complete Meal

A school lunch consist of 5 components: Protein, Vegetables, Grains, Fruit and Milk.

Please choose at least 3 components to make a reimbursable meal.

Under the new guidelines, one of your selections must include a serving of fruit or vegetable.

*All lunches include choice of milk.

NUTRITION TO GO

Moderation and variety are the keys to healthy eating habits. A burger, taco, or piece of pizza may contain more than 30% calories from fat. But when paired with lowfat chocolate milk, a piece of fruit, and carrot sticks with lowfat dip, the entire meal can be quite healthy.

A QUICK BITE FOR TEENS