

LUNCH

April 2014

ELL-SALINE CARDINALS ARE THE BEST!

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.

Store your ready to eat vegetables like baby carrots at eye level in the refrigerator, making it easy to remember them for snacking or as a quick addition to a meal.

NATIONAL KITE MONTH

LET'S GO FLY A KITE!

LASAGNA 1
GARDEN SALAD
GARLIC BREAD STICK
APPLE QUARTERS
CHOC. CHIP COOKIE, MILK

HAM AND CHEESE SUB 2
TRI TATER
BABY CARROTS,
ORANGE WEDGES, MILK
(9-12) STRING CHEESE

TACO 3
LETTUCE & TOMATO
REFRIED BEANS, SALSA
BANANA, MILK
Whole Grain Tortilla Chips

TONY'S PIZZA 4
TOSSED SALAD
FRESH BROCCOLI
PINEAPPLE TIDBITS, MILK
(9-12) STRING CHEESE

MS/HS NO SCHOOL TODAY
BEAN & BEEF BURRITO 7
ROMAINE & TOMATO
CORN, SALSA
APPLE QUARTERS, MILK

STROMBOLI SQUARES 8
GARDEN SALAD
FRESH BABY CARROTS
SUMMER FRUIT SALAD
MILK, (9-12) BREADSTICK

BBQ BEEF ON A BUN 9
OVEN FRIES
BAKED BEANS
DICED PEACHES
MILK

COUNTRY BEEF PATTIE 10
POTATOES & GRAVY
STEAMED BROCCOLI
MANDARIN ORANGES
MILK (6-12) ROLL & JELLY

FISH SANDWICH 11
LETTUCE & TOMATO
COLESLAW
WHOLE GRAIN CHIPS
APRICOT HALVES, MILK

MAC & CHEESE 14
MEATBALLS, SWEET PEAS
BABY CARROTS
TROPICAL FRUIT, MILK
(9-12) BREAD AND JELLY

CHICKEN NUGGETS 15
POTATOES & GRAVY
GARDEN SALAD
ORANGE SLICES, MILK
(6-12) ROLL & HONEY

CHILI & CORN CHIPS 16
CELERY & CUCUMBERS
APPLE SAUCE
CINNAMON ROLL
MILK CHOICE

BAKED HAM 17
SCALLOPED POTATOES
GREEN BEANS
BISCUIT & JELLY, MILK
STRAWBERRIES & BANANA

NO SCHOOL TODAY 18
Easter Break

NO SCHOOL TODAY 21
Easter Break

CORN DOG 22
BAKED BEANS
POTATO WEDGES
APPLE QUARTERS
MILK CHOICE

TACO SOUP 23
CORN CHIPS & SALSA
FRESH BROCCOLI
BANANA, SNICKERDOODLE
MILK CHOICE

CHEESE BREAD STICKS 24
w/ MARINARA SAUCE
SWEET PEAS,
GARDEN SALAD, PEACHES
MILK CHOICE

CHICKEN FAJITA 25
TORTILLA CHIPS & SALSA
REFRIED BEANS
ORANGE SLICES, MILK
(9-12) STRING CHEESE

CHICKEN PATTIE 28
POTATOES & GRAVY
GREEN BEANS
SLICED PEARS, MILK
(6-12) ROLL & HONEY

ELL-SALINE PIZZA 29
SALAD w/ROMAINE
CHERRY TOMATOES
PINEAPPLE CHUNKS
MILK

HOT HAM & CHEESE
POTATO WEDGE
FRESH BROCCOLI
RED GRAPES, MILK
COOKIE (9-12)

30

Increasing vegetable consumption is especially important for children. 96% of kids are not meeting their recommended amount of 1 cup for toddlers and up to 3 cups for teens. Have your child pick a vegetable at the grocery store they've never tried and prepare it for dinner.