

# LUNCH

April 2015

## Hopping into Spring Ell-Saline

### 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.

\* **monday**

**FRUITS & VEGGIES BUILD STRONG MINDS AND BODIES!**

\* **tuesday**

\* **wednesday**

\* **thursday**

\* **friday**

NO SCHOOL TODAY  
EASTER BREAK

6

HAMBURGER ON A BUN  
LEAF LETTUCE & TOMATO  
OVEN FRIES  
STRAWBERRIES & BANANAS  
MILK CHOICE

7

CHICKEN NUGGETS  
POTATOES & GRAVY  
TOSSED SALAD  
PEARS, WW ROLL & JELLY  
MILK CHOICE

8

CORN DOG  
GREEN BEANS  
TRI TATERS  
APPLE QUARTERS  
SNICKERDOODLE, MILK

2

NO SCHOOL TODAY  
EASTER BREAK

3

Good Friday

BEAN & BEEF BURRITO  
CORN, SALSA  
ROMAINE & TOMATO  
FRESH BANANA, MILK  
(9-12) TORTILLA CHIPS

13

STROMBOLI  
GARDEN SALAD  
BABY CARROTS  
ORANGE SLICES, MILK  
(9-12) GARLIC BREAD STICK

14

BBQ ON A BUN  
CUCUMBERS & CELERY  
BAKED BEANS  
FRUIT SALAD  
MILK CHOICE  
(6-12) BROWNIE

15

SUB SANDWICH  
LEAF LETTUCE & TOMATO  
VEGETABLE SOUP  
APPLE QUARTERS  
MILK CHOICE

16

COUNTRY BEEF PATTIE  
POTATOES & GRAVY  
STEAMED BROCCOLI  
PINEAPPLE TIDBITS  
MILK, (6-12) ROLL & JELLY

17

BAKED CHICKEN  
MS/HS- RICE, ELEM- POTATO  
FRESH BROCCOLI  
CHERRY TOMATOES  
MILK CHOICE

20

YUMMY SLOPPY JOE  
ON A BUN, TRI TATER  
CELERY & CUCUMBERS  
APPLE QUARTERS  
MILK

21

CHICKEN & NOODLES  
MASHED POTATOES  
GREEN BEANS  
FRESH GRAPES  
MILK, (6-12) BERRY MUFFIN

22

HAMBURGER ON A BUN  
LEAF LETTUCE & TOMATO  
OVEN FRIES  
RED PEPPER STRIPS,  
ORANGE HALVES, MILK

23

CHICKEN TETRAZZINI  
TOSSED SALAD  
SWEET PEAS  
DICED PEACHES,  
GARLIC BREAD, MILK

24

MINI MEATBALL SUB  
RACON POTATO WEDGES  
TOSSED SALAD  
BANANA, MILK

27

WHITE CHICKEN CHILI  
CORN BREAD  
CHERRY TOMATOES  
CUCUMBER SLICES  
APPLESAUCE, MILK

28

CHICKEN DRUMMIES  
BAKED BEANS  
CREAMY COLESLAW  
ORANGE HALVES,  
WHEAT ROLL & JELLY, MILK

29

BISCUITS & GRAVY  
FRESH SUGAR SNAP PEAS  
TRI TATER,  
DICED PEACHES  
(6-12) SAUSAGE PATTY

30

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