APRIL SECONDARY

Milk, Chef Salad, and a Grab N' Go will be offered with every meal.

Monday	Tuesday	Wednesday	Thursday	Friday
1 ENJOY YOUR DAY OFF!	2 Nachos Refried Beans Spanish Rice Homemade Salsa Fresh Salad w/ Toppings Fresh Apples	3 Country Bowl or Country Bucket Hot Roll Seasoned Vegetables Fresh Salad w/ Toppings Fruit Cup	4 Breakfast for Lunch Pancakes with Sausage or Sub Sandwich Emoji Fries Fresh Salad w/ Toppings Berries & Cream	5 Cheese Burger or Chicken Sandwich Basket Lettuce, Pickles, Tomatoes Fresh Baked Cookie Fresh Fruit
8 Chicken Spaghetti with Garlic Bread or Choice of Pizza Seasoned Corn Fresh Salad w/ Toppings Fruit Cup	9 Tacos Pinto Beans Spanish Rice Homemade Salsa Fresh Salad w/ Toppings Orange Smiles	10 Steak Fingers or Chicken Nuggets with Hot Roll Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Cinnamon Apple Sauce	11 Loaded Mac & Cheese Bowl Garlic Knot Sauteed Squash Fresh Salad w/ Toppings Fruit Cup	12 Chicken Sandwich or Bacon Cheese Burger Basket Lettuce, Pickles, and Tomatoes Fresh Baked Cookie Fresh Fruit
15 Baked Ziti with Garlic Toast or Chocie of Pizza Seasoned Vegetables Fresh Salad w/ Toppings Fruit Dessert	16 Enchiladas or Crispitos Pinto Beans Spanish Rice Homemade Salsa Fresh Salad w/ Toppings Fruit Cup	17 Fish Treasures or Chicken Strips w/ Hot Roll Mashed Potatoes Seasoend Vegetables Fresh Salad w/ Toppings Mixed Fruit Cup	18 Asian Bowl w/ Fried Rice or Popcorn Chicken Seasoned Vegetables Fresh Salad w/ Toppings Fruit Salad	19 BBQ Sub or Chicken Sandwich Basket Lettuce, Pickles, Tomatoes Fresh Baked Cookie Fresh Fruit
22 Spaghetti with Meat Sauce and Garlic Toast or Choice of Pizza Seasoned Corn Fresh Salad w/ Toppings Fruit Cup	23 Nachos Refried Beans Spanish Rice Homemade Salsa Fresh Salad w/ Toppings Fresh Apple	24 Steak Fingers or Boneless Wings with Hot Roll Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Peach Crisp	25 Breakfast for Lunch! Pancakes with Sausage or Sub Sandwich Emoji Fries Fresh Salad w/ Toppings Berries & Cream	26 ENJOY YOUR DAY OFF!

Do You Have a Nutrient Rich Diet?

If you are eating at your school cafeteria you do! See below to learn about a few of the essential nutrients being served in your lunch today.

- Fiber- plays an essential role in your digestive, heart, and skin health
  - » Pinto Beans
  - » Apples
- Potassium– helps keep kidneys healthy and prevent muscle cramps
  - » Broccoli
  - » Potatoes
- Vitamin A– keeps eyes and skin healthy and helps protect against infections
  - » Carrots
  - » Romaine Lettuce
- Vitamin C– helps heals cuts and wounds and keeps teeth and gums healthy
  - » Strawberries
  - » Green Beans

Breakfast

An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week of 4/1 & 4/15	Breakfast on Bun	French Toast Sticks	Bacon & Eggs w/ Toast	Breakfast Taco	Biscuits & Gravy
Week of 4/8 & 4/22	Breakfast Bowl	Pancake Wrap	Eggs & Sausage w/ Toast	Breakfast Pizza	Yogurt Parfait & Scoobies