



# WE ♥ GARDEN VEGETABLES

**SIMPLY GOOD**

## Early Childhood Lunch Menu

April 2016

The cost of a paid student meal is \$2.10 for elementary students. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (includes a source of protein and a grain/bread accompaniments), 1 vegetable side, 1 fruit side & choice of **1% or skim white milk**. All grains are whole grain rich. Did you know— If you see it in **green**, it's **local** and if you see it in **blue**, the meal has international influence!

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
	<b>SPRING</b>	<b>BREAK</b>	<b>NO</b>	<b>SCHOOL</b>
4	5	6	7	8
Chicken Wrap  Fiesta Black Beans  Pineapple Cup	Turkey Salami Sandwich  Mashed Potatoes w/ Gravy  Fresh Local Apple	Homemade Cheese Pizza  Glazed Carrots  Fresh Orange	Cheeseburger  Garlic Lemon Broccoli  Fresh Banana	Caribbean Chicken Breast (Chicken Stoba) w/ Brown Rice  Local Fresh Baked Sweet Potato w/Cinnamon  100 % Grape Juice
11	12	13	14	15
Chicken Nuggets w/ Mumbo or Ranch Sauce & Cornbread  Fresh Roma Roasted Local Red Potatoes  Fresh Local Apple	Hot Turkey Meatballs w/ Marinara, Mozzarella and Dinner Roll  Fresh Broccoli  Pineapple Cup	Korean Bibimbap Chicken w/Ginger Lime Brown Rice  Seasoned Carrots  Fresh Orange	Homemade Cheese Pizza  Sweet Potato Fries  Fresh Banana	<b>Emancipation Day</b>  <b>No School</b>
18	19	20	21	22
Toasted Two Cheese Sandwich  Southwest Pinto Beans  Fresh Local Apple	Spaghetti w/ Beef Meatballs  Green Beans Italiano  Pineapple Cup	Mozzarella Pizza Melt  Roasted Corn & Carrots  Fresh Orange	Teriyaki Chicken w/ Ginger Lime Brown Rice  Garlic Lemon Broccoli  Fresh Banana	Mac-N-Cheese with a Dinner Roll  Seasoned Carrots  100 % Grape Juice
25	26	27	28	29
Asian Chicken w/Ginger Lime Brown Rice  Seasoned Green Peas and Carrots  Fresh Local Apple	Homemade Cheese Pizza  Local Country Collard Greens  Pineapple Cup	Rotini w/ Turkey Meat Sauce  Green Beans Italiano  Fresh Orange	Steak Sandwich  Sweet Potato Fries  Fresh Banana	Capitol City Chicken Breast w/ Dinner Roll  Fresh Baby Carrots  100 % Grape Juice

USDA is an equal opportunity provider and employer.



VEGETABLE GARDENS CAN BE PLANTED ANYWHERE, BUT THEY NEED THREE  
MAIN THINGS TO GROW: LOTS OF SUNLIGHT, WATER AND GOOD SOIL.

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