



WE ♥ GARDEN VEGETABLES

SIMPLY GOOD

STAY Lunch Cycle Menu

April 2016

The cost of a paid student meal is \$2.60. 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 grain/bread accompaniments), 2 vegetable sides, 2 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! All of our chicken is antibiotic free (ABF)!

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
	SPRING	BREAK	NO	SCHOOL
4	5	6	7	8
Mexican Corn Salad w/Black Beans & Tortilla Chips Fiesta Black Beans Fresh Baby Carrots Pineapple Cup Assorted Fresh Fruit	Chicken Nuggets w/ Mumbo or Ranch Sauce and Biscuit Glazed Carrots Fresh Cucumber Coins Fresh Local Apple Assorted Fresh Fruit	Haitian Style Fish w/ Creole Rice and Beans Glazed Carrots Fresh Local Tuscan Kale Salad Fresh Orange Assorted Fresh Fruit	Turkey Ranch Wrap Garlic Lemon Broccoli Fresh Cucumber & Tomato Salad Fresh Banana Assorted Fresh Fruit	Caribbean Chicken Drumstick w/Brown Rice Local Fresh Baked Sweet Potato w/Cinnamon Fresh Celery Sticks 100% Grape Juice Assorted Fresh Fruit
11	12	13	14	15
Veggie Chili with Cornbread Roma Roasted Red Potatoes Fresh Cucumber & Tomato Side Salad Fresh Local Apple Assorted Fresh Fruit	Turkey Meatball Sub with Marinara & Mozzarella on a Sub Baked Beans Fresh Broccoli Pineapple Cup Assorted Fresh Fruit	Mexican Corn Salad w/Black Beans & Tortilla Chips Seasoned Carrots Fresh Celery Sticks Fresh Orange Assorted Fresh Fruit	Mozzarella Pizza Melt Sweet Potato Fries Fresh Local Kale Caesar Salad Fresh Banana Assorted Fresh Fruit	Emancipation Day No School
18	19	20	21	22
Chicken Nuggets w/ Mumbo or Ranch Sauce and Biscuit Southwest Pinto Beans Homemade Confetti Coleslaw Fresh Local Apple Assorted Fresh Fruit	Spaghetti with Turkey Meatballs Green Beans Italiano Fresh Baby Carrots Pineapple Cup Assorted Fresh Fruit	Steak & Cheese Sub Roasted Corn & Carrots Fresh Celery Sticks Fresh Orange Assorted Fresh Fruit	Teriyaki Chicken w/Ginger Brown Rice Garlic Lemon Broccoli Fresh Baby Carrots Fresh Banana Assorted Fresh Fruit	Mac-N-Cheese with a Biscuit Seasoned Carrots Fresh Romaine and Tomato Side Salad 100 % Grape Juice Assorted Fresh Fruit
25	26	27	28	29
Spicy Asian Chicken with Ginger Lime Brown Rice Seasoned Green Peas & Carrots Fresh Romaine & Tomato Side Salad Fresh Local Apple Assorted Fresh Fruit	Homemade Cheese Pizza on Whole Grain Crust Local Country Collard Greens Fresh Baby Carrots Pineapple Cup Assorted Fresh Fruit	Rotini with Turkey Meat Sauce Green Beans Italiano Fresh Celery Sticks Fresh Orange Assorted Fresh Fruit	Steak & Cheese Sub Sweet Potato Fries Fresh Cucumber Coins Fresh Banana Assorted Fresh Fruit	Capital City Chicken Drumstick with a Biscuit Baked Beans Fresh Baby Carrots 100% Grape Juice Assorted Fresh Fruit