## April 2024 Breakfast K-12

Monday Tuesday Wednesday **Thursday** Friday Egg, Sausage and Cheese Scrambled Eggs WG Blueberry Muffin French Toast Cereal: Cinnamon Hardboiled Egg Sticks **Toast Crunch** Wrap w/ WG buttered toast Fresh Fruit Syrup Cheese Stick Fresh Fruit Fresh Fruit 100% Orange Juice Fresh Fruit Fresh Fruit 100% Apple Juice 100% Orange Juice 1% Lowfat White Milk or 100% Apple Juice 100% Orange Juice 1% Lowfat White Milk or 1% Lowfat White Milk or Nonfat Chocolate Milk 1% Lowfat White Milk or 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk Nonfat Chocolate Milk Nonfat Chocolate Milk 10 12 Sausage/Pancake on Assorted Yogurt Hashbrown Stacker Egg & Cheese WG English Muffin Granola w/ dried fruit Fresh Fruit Breakfast Taco a Stick Fresh Fruit 100% Apple Juice Salsa Fresh Fruit Syrup 100% Orange Juice 1% Lowfat White Milk or Fresh Fruit 100% Apple Juice Fresh Fruit 1% Lowfat White Milk or Nonfat Chocolate Milk 1% Lowfat White Milk or 100% Orange Juice 100% Orange Juice Nonfat Chocolate Milk Nonfat Chocolate Milk 1% Lowfat White Milk or 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk Bean and Cheese Burrito French Toast WG Turkey Sausage Seasonal Fruit and WG Pancake Mini Bites WG Tortilla Yogurt Breakfast Pizza Yogurt Parfait Svrup Fresh Fruit Syrup Fresh Fruit Graham Crackers Fresh Fruit 100% Orange Juice 100% Orange Juice 100% Orange Juice Fresh Fruit 100% Apple Juice 1% Lowfat White Milk or 100% Apple Juice Nonfat Chocolate Milk 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk Nonfat Chocolate Milk Nonfat Chocolate Milk 22 23 Breakfast Sandwich WG Bagel Sausage/Pancake on Cereal: Honey Nut Cheerios Venison & Potato Cream Cheese a Stick **Buttered Wheat Toast** Breakfast Taco Fresh Fruit Fresh Fruit 100% Orange Juice Syrup Jelly Salsa Fresh Fruit 100% Orange Juice Fresh Fruit Fresh Fruit 1% Lowfat White Milk or 1% Lowfat White Milk or 100% Apple Juice 100% Orange Juice 100% Apple Juice Nonfat Chocolate Milk Nonfat Chocolate Milk 1% Lowfat White Milk or 1% Lowfat White Milk or 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk Nonfat Chocolate Milk 29 30 Seasonal Fruit and Blue Cornbread with Jelly Yogurt Parfait Canned Fruit in Light Syrup Fresh Fruit **Graham Crackers** WG = Whole Grain 100% Apple Juice 100% Apple Juice 1% Lowfat White Milk or 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk

Note: Menus are subject to change due to product availability.

"This institution is an equal opportunity provider."



## April 2024 Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Chicken Tenders	Beef Stir Fry	Sloppy Joe	Chicken Fajitas on	WG Spaghetti
	· ·	on WG Bun		
lashed Potatoes w/ Gravy	w/ Brown Rice		WG Tortilla	w/ Meat Sauce
Broccoli	Creamed Spinach	Sweet Potato Fries	Refried Beans	Green Beans
Pineapple Tidbits	Diced Pears	Celery Sticks	Baby Carrots	Mandarin Oranges
WG Dinner Roll	1% Lowfat White Milk or	Applesauce	Mixed Fruit	WG Garlic Knot
1% Lowfat White Milk or	Nonfat Chocolate Milk	Ranch Dressing, Ketchup	Ranch Dressing	1% Lowfat White Milk or
Nonfat Chocolate Milk		1% Lowfat White Milk or	1% Lowfat White Milk or	Nonfat Chocolate Milk
		Nonfat Chocolate Milk	Nonfat Chocolate Milk	
		<u> </u>		0
8	9	10	11	12
Pork Choppette	Chicken Quesadilla	Bison Burger on WW Bun	Beef Mac Casserole	Breaded Chicken Patty
**	on WG Tortilla	•		
Pasta Salad w/ veggies	-	Tator Tots	Cheesy WG Breadstick	on WG Bun
Seasoned potatoes	Black Bean Salad	Broccoli	Garden Salad w/ Cucumber,	Sweet Potato Fries
Diced Pears	Cucumber Slices	Peach Cup	Cherry Tomatoes, Dressing	Baked Beans
1% Lowfat White Milk or	Fresh Orange	Ketchup, Mustard, Mayo	Apple Slices	Mixed Fruit
Nonfat Chocolate Milk	1% Lowfat White Milk or	1% Lowfat White Milk or	1% Lowfat White Milk or	Ketchup, Mayo
	Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk	1% Lowfat White Milk or
		l		Nonfat Chocolate Milk
15	16	17	18	19
- 10				
Cheese Pizza	Crispy Beef Tacos (2)	Corn Dog	Beef and Lentil Chili	Meatloaf
Tossed Salad w/ Dressing	w/ Spanish Rice	Mustard, Ketchup	Blue Corn Bread	Mashed Potatoes w/ Gravy
Cherry Tomatoes	Pinto Beans	Sweet Potato Fries	Steamed Broccoli	Green Beans
Steamed Corn	Shredded Lettuce. Tomato	Mixed Vegetables	Mixed Melon	Pineapple Tidbits
Fresh Orange	Peach Cup	Apple Slices	1% Lowfat White Milk or	WG Dinner Roll
1% Lowfat White Milk or	1% Lowfat White Milk or	1% Lowfat White Milk or	Nonfat Chocolate Milk	1% Lowfat White Milk or
Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk	Normat Griocolate Wilk	Nonfat Chocolate Milk
Nomat Onocolate Wilk	Normat Oriocolate Willix	Normat Onocolate Wilk		Normal Onocolate Wilk
22	23	24	25	26
	23		1	20
Taco Soup	Salisbury Steak	Chicken Alfredo	Pepperoni Pizza	Bison Nachos w/ cheese
	Salisbury Steak Mashed Potatoes w/ Gravy		Pepperoni Pizza Tossed Salad w/	Bison Nachos w/ cheese Black Beans
w/ tomatoes & corn	Mashed Potatoes w/ Gravy	with Penne Pasta	Tossed Salad w/	Black Beans
w/ tomatoes & corn Refried Beans	Mashed Potatoes w/ Gravy Mixed Vegetables	with Penne Pasta Broccoli	Tossed Salad w/ Cherry Tomatoes/Dressing	Black Beans Salsa Cup
w/ tomatoes & corn Refried Beans WG Tortilla	Mashed Potatoes w/ Gravy Mixed Vegetables Peach Cup	with Penne Pasta Broccoli Mixed Fruit	Tossed Salad w/ Cherry Tomatoes/Dressing Celery Sticks	Black Beans Salsa Cup Shredded Lettuce
w/ tomatoes & corn Refried Beans WG Tortilla Diced Pears	Mashed Potatoes w/ Gravy Mixed Vegetables Peach Cup WG Dinner Roll	with Penne Pasta Broccoli Mixed Fruit WG Garlic Toast	Tossed Salad w/ Cherry Tomatoes/Dressing Celery Sticks Pineapple Tidbits	Black Beans Salsa Cup Shredded Lettuce Applesauce Cup
w/ tomatoes & corn Refried Beans WG Tortilla	Mashed Potatoes w/ Gravy Mixed Vegetables Peach Cup	with Penne Pasta Broccoli Mixed Fruit	Tossed Salad w/ Cherry Tomatoes/Dressing Celery Sticks	Black Beans Salsa Cup Shredded Lettuce
w/ tomatoes & corn Refried Beans WG Tortilla Diced Pears  1% Lowfat White Milk or Nonfat Chocolate Milk	Mashed Potatoes w/ Gravy Mixed Vegetables Peach Cup WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk	with Penne Pasta Broccoli Mixed Fruit WG Garlic Toast 1% Lowfat White Milk or	Tossed Salad w/ Cherry Tomatoes/Dressing Celery Sticks Pineapple Tidbits 1% Lowfat White Milk or	Black Beans Salsa Cup Shredded Lettuce Applesauce Cup 1% Lowfat White Milk or
w/ tomatoes & corn Refried Beans WG Tortilla Diced Pears  1% Lowfat White Milk or	Mashed Potatoes w/ Gravy Mixed Vegetables Peach Cup WG Dinner Roll 1% Lowfat White Milk or	with Penne Pasta Broccoli Mixed Fruit WG Garlic Toast 1% Lowfat White Milk or	Tossed Salad w/ Cherry Tomatoes/Dressing Celery Sticks Pineapple Tidbits 1% Lowfat White Milk or	Black Beans Salsa Cup Shredded Lettuce Applesauce Cup 1% Lowfat White Milk or
w/ tomatoes & corn Refried Beans WG Tortilla Diced Pears  1% Lowfat White Milk or Nonfat Chocolate Milk	Mashed Potatoes w/ Gravy Mixed Vegetables Peach Cup WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk	with Penne Pasta Broccoli Mixed Fruit WG Garlic Toast 1% Lowfat White Milk or	Tossed Salad w/ Cherry Tomatoes/Dressing Celery Sticks Pineapple Tidbits 1% Lowfat White Milk or	Black Beans Salsa Cup Shredded Lettuce Applesauce Cup 1% Lowfat White Milk or
w/ tomatoes & corn Refried Beans WG Tortilla Diced Pears  1% Lowfat White Milk or Nonfat Chocolate Milk	Mashed Potatoes w/ Gravy Mixed Vegetables Peach Cup WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk	with Penne Pasta Broccoli Mixed Fruit WG Garlic Toast 1% Lowfat White Milk or	Tossed Salad w/ Cherry Tomatoes/Dressing Celery Sticks Pineapple Tidbits 1% Lowfat White Milk or	Black Beans Salsa Cup Shredded Lettuce Applesauce Cup 1% Lowfat White Milk or Nonfat Chocolate Milk
w/ tomatoes & corn Refried Beans WG Tortilla Diced Pears  1% Lowfat White Milk or Nonfat Chocolate Milk  29  Beef and Broccoli	Mashed Potatoes w/ Gravy Mixed Vegetables Peach Cup WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk  30  Chickpea, Rice & Spinach	with Penne Pasta Broccoli Mixed Fruit WG Garlic Toast 1% Lowfat White Milk or	Tossed Salad w/ Cherry Tomatoes/Dressing Celery Sticks Pineapple Tidbits 1% Lowfat White Milk or	Black Beans Salsa Cup Shredded Lettuce Applesauce Cup 1% Lowfat White Milk or Nonfat Chocolate Milk  ENTRÉE w/ GRAIN-BLUE
w/ tomatoes & corn Refried Beans WG Tortilla Diced Pears  1% Lowfat White Milk or Nonfat Chocolate Milk  29  Beef and Broccoli Carrot Sticks Ranch	Mashed Potatoes w/ Gravy Mixed Vegetables Peach Cup WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk  30  Chickpea, Rice & Spinach Pilaf Black Bean Salad	with Penne Pasta Broccoli Mixed Fruit WG Garlic Toast 1% Lowfat White Milk or	Tossed Salad w/ Cherry Tomatoes/Dressing Celery Sticks Pineapple Tidbits 1% Lowfat White Milk or	Black Beans Salsa Cup Shredded Lettuce Applesauce Cup 1% Lowfat White Milk or Nonfat Chocolate Milk  ENTRÉE w/ GRAIN-BLUE GREEN VEG- GREEN
w/ tomatoes & corn Refried Beans WG Tortilla Diced Pears  1% Lowfat White Milk or Nonfat Chocolate Milk  29  Beef and Broccoli Carrot Sticks Ranch Peach Cup	Mashed Potatoes w/ Gravy Mixed Vegetables Peach Cup WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk  30  Chickpea, Rice & Spinach Pilaf Black Bean Salad Apple	with Penne Pasta Broccoli Mixed Fruit WG Garlic Toast 1% Lowfat White Milk or	Tossed Salad w/ Cherry Tomatoes/Dressing Celery Sticks Pineapple Tidbits 1% Lowfat White Milk or	Black Beans Salsa Cup Shredded Lettuce Applesauce Cup 1% Lowfat White Milk or Nonfat Chocolate Milk  ENTRÉE w/ GRAIN- BLUE GREEN VEG- GREEN FRUIT- PINK RED/ORANGE- RED
w/ tomatoes & corn Refried Beans WG Tortilla Diced Pears  1% Lowfat White Milk or Nonfat Chocolate Milk  29  Beef and Broccoli Carrot Sticks Ranch Peach Cup  1% Lowfat White Milk or	Mashed Potatoes w/ Gravy Mixed Vegetables Peach Cup WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk  30  Chickpea, Rice & Spinach Pilaf Black Bean Salad Apple 1% Lowfat White Milk or	with Penne Pasta Broccoli Mixed Fruit WG Garlic Toast 1% Lowfat White Milk or	Tossed Salad w/ Cherry Tomatoes/Dressing Celery Sticks Pineapple Tidbits 1% Lowfat White Milk or	Black Beans Salsa Cup Shredded Lettuce Applesauce Cup 1% Lowfat White Milk or Nonfat Chocolate Milk  ENTRÉE w/ GRAIN- BLUE GREEN VEG- GREEN FRUIT- PINK RED/ORANGE- RED STARCHY VEG- YELLOW
w/ tomatoes & corn Refried Beans WG Tortilla Diced Pears  1% Lowfat White Milk or Nonfat Chocolate Milk  29  Beef and Broccoli Carrot Sticks Ranch Peach Cup	Mashed Potatoes w/ Gravy Mixed Vegetables Peach Cup WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk  30  Chickpea, Rice & Spinach Pilaf Black Bean Salad Apple	with Penne Pasta Broccoli Mixed Fruit WG Garlic Toast 1% Lowfat White Milk or	Tossed Salad w/ Cherry Tomatoes/Dressing Celery Sticks Pineapple Tidbits 1% Lowfat White Milk or	Black Beans Salsa Cup Shredded Lettuce Applesauce Cup 1% Lowfat White Milk or Nonfat Chocolate Milk  ENTRÉE w/ GRAIN- BLUE GREEN VEG- GREEN FRUIT- PINK RED/ORANGE- RED STARCHY VEG- YELLOW OTHER VEG- ORANGE
w/ tomatoes & corn Refried Beans WG Tortilla Diced Pears  1% Lowfat White Milk or Nonfat Chocolate Milk  29  Beef and Broccoli Carrot Sticks Ranch Peach Cup  1% Lowfat White Milk or	Mashed Potatoes w/ Gravy Mixed Vegetables Peach Cup WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk  30  Chickpea, Rice & Spinach Pilaf Black Bean Salad Apple 1% Lowfat White Milk or	with Penne Pasta Broccoli Mixed Fruit WG Garlic Toast 1% Lowfat White Milk or Nonfat Chocolate Milk	Tossed Salad w/ Cherry Tomatoes/Dressing Celery Sticks Pineapple Tidbits 1% Lowfat White Milk or	Black Beans Salsa Cup Shredded Lettuce Applesauce Cup 1% Lowfat White Milk or Nonfat Chocolate Milk  ENTRÉE w/ GRAIN- BLUE GREEN VEG- GREEN FRUIT- PINK RED/ORANGE- RED STARCHY VEG- YELLOW
w/ tomatoes & corn Refried Beans WG Tortilla Diced Pears  1% Lowfat White Milk or Nonfat Chocolate Milk  29  Beef and Broccoli Carrot Sticks Ranch Peach Cup  1% Lowfat White Milk or	Mashed Potatoes w/ Gravy Mixed Vegetables Peach Cup WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk  30  Chickpea, Rice & Spinach Pilaf Black Bean Salad Apple 1% Lowfat White Milk or	with Penne Pasta Broccoli Mixed Fruit WG Garlic Toast 1% Lowfat White Milk or	Tossed Salad w/ Cherry Tomatoes/Dressing Celery Sticks Pineapple Tidbits 1% Lowfat White Milk or	Black Beans Salsa Cup Shredded Lettuce Applesauce Cup 1% Lowfat White Milk or Nonfat Chocolate Milk  ENTRÉE w/ GRAIN- BLUE GREEN VEG- GREEN FRUIT- PINK RED/ORANGE- RED STARCHY VEG- YELLOW OTHER VEG- ORANGE

## April 2024 Lunch HS

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Chicken Tenders	Beef Stir Fry	Sloppy Joe	Chicken Fajitas on	WG Spaghetti
Mashed Potatoes w/ Gravy	w/ Brown Rice	on WG Bun	WG Tortilla	w/ Meat Sauce
Broccoli	Creamed Spinach	Sweet Potato Fries	Refried Beans	Green Beans
Whole Apple	Potatoes Au Gratin	Celery Sticks	Baby Carrots	Cucumber Slices
Pineapple Tidbits	Orange Slices	Peach Cup	Banana	Diced Pears
WG Dinner Roll	Diced Pears	Applesauce	Mixed Fruit	Mandarin Oranges
1% Lowfat White Milk or	1% Lowfat White Milk or	Ranch Dressing, Ketchup	Ranch Dressing	WG Garlic Knot
Nonfat Chocolate Milk	Nonfat Chocolate Milk	1% Lowfat White Milk or	1% Lowfat White Milk or	1% Lowfat White Milk o
		Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk
				0
8	9	10	11	12
Pork Choppette	Chicken Quesadilla	Bison Burger on WG Bun	Beef Mac Casserole	Breaded Chicken Patty
Pasta Salad w/ veggies	on WG Tortilla	w/ cheese	Cheesy WG Breadstick	on WG Bun
Seasoned potatoes	Black Bean Salad	Tator Tots	Garden Salad w/ Cucumber,	Sweet Potato Fries
Mixed Fruit	Cucumber Slices	Broccoli	Cherry Tomatoes, Dressing	Baked Beans
Diced Pears	Applesauce	Pineapple Tidbits	Mandarin Oranges	Banana
1% Lowfat White Milk or	Fresh Orange	Peach Cup	Apple Slices	Mixed Fruit
Nonfat Chocolate Milk	1% Lowfat White Milk or	Ketchup, Mustard, Mayo	1% Lowfat White Milk or	Ketchup, Mayo
	Nonfat Chocolate Milk	1% Lowfat White Milk or	Nonfat Chocolate Milk	1% Lowfat White Milk o
		Nonfat Chocolate Milk		Nonfat Chocolate Milk
15	16	17	18	19
Cheese Pizza	Crispy Beef Tacos (2)	Corn Dog	Beef and Lentil Chili	Meatloaf
Fossed Salad w/ Dressing	w/ Spanish Rice	Mustard, Ketchup	Blue Corn Bread	Mashed Potatoes w/ Gra
Cherry Tomatoes	Pinto Beans	Sweet Potato Fries	Steamed Broccoli	Green Beans
Steamed Corn	Shredded Lettuce, Tomato	Mixed Vegetables	Seasoned Cauliflower	Whole Apple
Applesauce Cup	Mixed Fruit	Pineapple Tidbits	Mixed Melon	Pineapple Tidbits
Fresh Orange	Peach Cup	Apple Slices	Diced Pears	WG Dinner Roll
1% Lowfat White Milk or	1% Lowfat White Milk or	Banana Bread Square	1% Lowfat White Milk or	1% Lowfat White Milk or
Nonfat Chocolate Milk	Nonfat Chocolate Milk	1% Lowfat White Milk or	Nonfat Chocolate Milk	Nonfat Chocolate Milk
		Nonfat Chocolate Milk		
22	23	24	25	26
Taco Soup	Salisbury Steak	Chicken Alfredo	Pepperoni Pizza	Chicken Nachos
w/ tomatoes & corn	Mashed Potatoes w/ Gravy	with Penne Pasta	Tossed Salad w/	Black Beans
Refried Beans	Mixed Vegetables	Broccoli	Cherry Tomatoes/Dressing	Salsa Cup
WG Tortilla	Whole Apple	Orange Slices	Celery Sticks	Corn Salad
Mandarin Oranges	Peach Cup	Mixed Fruit	Banana	Peach Cup
Diced Pears	WG Dinner Roll	WG Garlic Toast	Pineapple Tidbits	Applesauce Cup
1% Lowfat White Milk or	1% Lowfat White Milk or	1% Lowfat White Milk or	1% Lowfat White Milk or	1% Lowfat White Milk or
Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk
29	30			
Beef and Broccoli	Chickpea, Rice & Spinach			
Carrot Sticks	Pilaf			ENTRÉE w/ GRAIN- BLU
Celery Sticks	Black Bean Salad			GREEN VEG- GREEN
Ranch	Seasoned corn			FRUIT- PINK
Peach Cup	Apple			RED/ORANGE- RED
Applesauce Cup	Mandarin Oranges			STARCHY VEG- YELLO
1% Lowfat White Milk or	1% Lowfat White Milk or			OTHER VEG- ORANGE
	Nonfot Obsessint Mills			LEGUMES- PURPLE
Nonfat Chocolate Milk	Nonfat Chocolate Milk			
Nonfat Chocolate Milk	Noniat Chocolate Milk	Canned Fruit in Light Syrup		
Nonfat Chocolate Milk	Nonial Chocolate Milk	Canned Fruit in Light Syrup WG = Whole Grain		