

# HEALTHY NUTRITION

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>a.m. Chex Cereal &amp; Berries <b>Cheesy Chicken and Spinach Casserole</b> <b>Warm Flour Tortillas</b> <b>Fresh Green Beans</b> <b>Fresh Peaches</b></p> <p>p.m. Cheese Itz Crackers &amp; Fruit</p>	<p>2</p> <p>a.m. Warm Muffins &amp; Fruit <b>Hearty Shepard's Pie</b> <b>Toasted Garlic Bread</b> <b>Corn off the Cob</b> <b>Apple Sauce</b></p> <p>p.m. Animal Crackers &amp; Fresh Cucumber Slices</p>	<p>3</p> <p>a.m. Yogurt &amp; Granola <b>Comforting Beef Stroganoff</b> <b>Whole Grain Bread</b> <b>Fresh Broccoli</b> <b>Fruit Medley</b></p> <p>p.m. Fresh Melon &amp; Crackers</p>	<p>4</p> <p>a.m. Warm English Muffins &amp; Sun Butter <b>Herbed Baked Chicken w/ Warm Stuffing</b> <b>Diced Carrots</b> <b>Fresh Mandarin Oranges</b></p> <p>p.m. Apples &amp; Cheese Slices</p>	<p>5</p> <p>a.m. Warm Cinnamon *Apples &amp; Graham Crackers <b>Warm Tomato Soup</b> <b>Toasted Cheese Sandwich</b> <b>Fresh Peas</b> <b>Crisp Apple Slices</b></p> <p>p.m. English Muffins W/ Sun butter &amp; Bananas Slices</p>
<p>8</p> <p>a.m. Whole Grain Waffles &amp; Berries <b>Whole Wheat Fettuccine</b> <b>Creamy Alfredo w/Grilled Chicken</b> <b>Toasted Garlic Bread</b> <b>Roasted Asparagus</b> <b>Fresh Pineapple</b></p> <p>p.m. Pita Bread &amp; Hummus</p>	<p>9</p> <p>a.m. Warm Biscuits &amp; Fruit <b>Toasted Turkey Flat Bread</b> <b>Pizza</b> <b>Roasted Cauliflower</b> <b>Fresh Pears</b></p> <p>p.m. Cheese Itz Crackers &amp; Carrots</p>	<p>10</p> <p>a.m. Wheat Cheese Toast <b>Crisp Chicken Veggie Salad</b> <b>Wraps</b> <b>Roasted Zucchini &amp; Squash</b> <b>Fresh Mandarin Oranges</b></p> <p>p.m. Sun butter &amp; Jam Sandwich Squares</p>	<p>11</p> <p>a.m. Warm Cinnamon Toast &amp; Fruit <b>Hearty Chicken and Broccoli Pasta</b> <b>Toasted Garlic Bread</b> <b>Fresh Peas &amp; Carrots</b> <b>Fruit Medley</b></p> <p>p.m. Carrots w/ Ranch Dip and Crackers</p>	<p>12</p> <p>a.m. Warm Pancakes w/ Banana Slices <b>Spaghetti w/ Marinara Sauce</b> <b>Toasted Garlic Bread</b> <b>Tomato &amp; Cheese Salad w/ Low Fat Italian</b> <b>Fresh Melon</b></p> <p>p.m. Cheese &amp; Fresh Tomato Quesadilla</p>
<p>15</p> <p>a.m. Toasted Bagels w/ Sun Butter <b>Fresh Tuna Salad Sandwich</b> <b>On Whole Grain Bread</b> <b>Fresh Green Beans</b> <b>Fresh Pears</b></p> <p>p.m. Cheese Slices &amp; Whole Wheat Crackers</p>	<p>16</p> <p>a.m. Savory Sausage Biscuit <b>Warm Soft Tacos</b> <b>Refried Pinto Beans</b> <b>Corn off the Cob</b> <b>Juicy Pineapple</b></p> <p>p.m. Warm English Muffin Cheese &amp; Pepperoni Slices</p>	<p>17</p> <p>a.m. Yogurt &amp; Granola <b>Hearty Chicken, Brown Rice &amp; Cheese Casserole</b> <b>Wheat Bread</b> <b>Fresh Broccoli</b> <b>Juicy Mandarin Oranges</b></p> <p>p.m. Fresh Apple Slices &amp; Cheese</p>	<p>18</p> <p>a.m. Warm Pancakes w/ Banana Slices <b>Savory Parmesan Chicken with Linguine Pasta</b> <b>Whole Wheat Bread</b> <b>Diced Carrots</b> <b>Fresh Peaches</b></p> <p>p.m. Bananas &amp; Pretzels</p>	<p>19</p> <p>a.m. Fresh Peaches &amp; Cottage Cheese <b>Hearty Three Bean soup</b> <b>Toasted Pita Bread</b> <b>Fresh Peas</b> <b>Crisp Apple Slices</b></p> <p>p.m. Sun Butter &amp; Jam Sandwich Squares</p>
<p>22</p> <p>a.m. Chex Cereal &amp; Berries <b>Warm Beef, Bean &amp; Cheese Burritos</b> <b>Warm Flour Tortillas</b> <b>Roasted Asparagus</b> <b>Fresh Peaches</b></p> <p>p.m. Cheese Itz Crackers &amp; Fruit</p>	<p>23</p> <p>a.m. Fresh Fruit and Muffins <b>Sesame Chicken Slaw Wraps</b> <b>Warm Flour Tortillas</b> <b>Roasted Zucchini &amp; Squash</b> <b>Fresh Apple Sauce</b></p> <p>p.m. Animal Crackers &amp; Cucumber Slices</p>	<p>24</p> <p>a.m. Yogurt &amp; Granola <b>Warm Sloppy Joes</b> <b>Sandwiches</b> <b>On Whole Grain Bread</b> <b>Fresh Coleslaw &amp; Pinto Beans</b> <b>Fruit Medley</b></p> <p>p.m. Fresh Melon &amp; Crackers</p>	<p>25</p> <p>a.m. English Muffins &amp; Sun Butter <b>Savory Chicken Taco Casserole</b> <b>Warm Flour Tortillas</b> <b>Fresh Peas &amp; Carrots</b> <b>Fresh Melon</b></p> <p>p.m. Fresh Apples &amp; Cheese Slices</p>	<p>26</p> <p>a.m. Warm Cinnamon *Apples &amp; Graham Crackers <b>Shells &amp; Cheese w/ Broccoli</b> <b>Toasted Pita Bread</b> <b>Fresh Tomato &amp; Cheese Salad w/ Low Fat Italian</b> <b>Bananas</b></p> <p>p.m. Warm English Muffins w/ Sun butter &amp; Bananas Slices</p>
<p>29</p> <p>a.m. Toasted Bagels w/ Sun Butter <b>Flavorful Teriyaki Chicken w/ Fluffy Rice</b> <b>Fresh Snap Peas</b> <b>Fresh Pineapple</b></p> <p>p.m. Cheese Slices &amp; Whole Wheat Crackers</p>	<p>30</p> <p>a.m. Warm Sausage Biscuit <b>Hearty Rotini Pasta Salad w/ Ham, Broccoli and Cheese</b> <b>Whole Grain Bread</b> <b>Roasted Cauliflower</b> <b>Fresh Peaches</b></p> <p>p.m. Cheese Itz Crackers &amp; Carrots</p>			

April  
2024



DOWNLOAD MENU  
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- All varieties of dairy are made from whole milk.
- Our nutrition plan exclusively serves whole grain pasta, rice & bread items.
- All servings of vegetables are served fresh daily.
- Vegetarian Alternative Offered

**All Healthy Menu items are Locally Sourced!**

**Ask your principal about vegetarian & vegan dietary needs!**