

APRIL MUMFORD

Milk will be offered with every meal.

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



ENJOY YOUR DAY OFF!

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

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

Breakfast

	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