

Elementary Lunch April 2018

2	3	4	5	6
Hot Dog 29g Country Steak Fingers 19g Fruit & Cheese Plate w/ Cheez Its 24g Turkey Chef Salad w/ Cheez Its 9g (24g) Seasoned Green Beans Mashed Potatoes 15g Whole Wheat Roll 26g Apple, Banana or Orange 12-23g Milk 12g	Bean & Cheese Burrito 42g Crispy Fish Nuggets 20g Spicy Chicken Wrap 44g Veggie Chef Salad w/ Cheez Its 16g(31g) Mexicali Corn 22g Sweet Potato Waffle Fries 16g Spanish Brown Rice 24g Pineapple 15g Milk 12g	Italian Baked Pasta w/ Garlic Toast 34g(48g) BBQ Chicken Sandwich 42g American Wrap 29g Ham Chef Salad w/ Cheez Its 9(24g) Steamed Peas & Carrots 10g Color of Italy Salad 4g Wacky Cake 33-50g Apple, Banana or Orange 12- 23g Milk 12g	Meatball Sub 37g Baked Potato w/ Broccoli and Cheese Sauce 61g Crispy Chicken Salad w/ Cheez Its 21(36g) Ham & Cheese Sandwich 30g Golden Corn 22g Garden Salad 3g Whole Wheat Roll 26g Peaches 16g Milk 12g	Cheeseburger 30g Crispy Chicken Nuggets 14g Veggie Chef Salad w/ Cheez Its 16(31g) Turkey & Cheese Wrap 30g Oven Baked Curly Fries 16g BBQ Baked Beans 34g Berry Fruit Salad 8-16g Milk 12g
9	10	11	12	13
Soft Beef Taco 28g Country Steak Fingers 19g Ham Chef Salad w/ Cheez Its 9 (24g) Southwest Veggie Wrap 30g Festive Black Beans 28g Sweet Potato Waffle Fries 15g Whole Wheat Roll 26g Apple, Banana or Orange 12-23g Milk 12g	Sweet & Sour Chicken 24g Cheese Nacho w/ Refried Beans 45g Ham & Cheese Sandwich 30g Turkey Chef Salad w/ Cheez Its 9(24g) Steamed Broccoli7g Garden Salad3g Cilantro Lime Rice 23g Mandarin Oranges 25g Milk 12g	Chicken Broccoli Alfredo Pasta w/ Garlic Toast 31g(45g) Hot Meatball Sub 37g Turkey & Cheese Sub 30g Veggie Chef Salad w/ Cheez Its 16(31g) Color of Italy Salad 4g Steamed Carrots Apple, Banana or Orange 12- 23g Milk 12g	Frito Pie 38g Crispy Chicken Strips 12g Ham Chef Salad w/ Cheez Its 9(24g) Fruit & Cheese Plate w/ Cheez Its 24g Green Beans Mashed Potatoes 15g Whole Wheat Roll 26g Seasonal Fruit Salad 8-16g Milk 12g	Stuffed Crust Cheese Pizza34g Cheeseburger 30g Turkey Chef Salad w/ Cheez Its 9(24g) Italian Wrap 30g Steamed Mixed Vegetables 6g Carrot & Celery Sticks 4g Apple, Banana or Orange 12-23g Milk 12g
16	17	18	19	20
Country Steak Fingers 19g Hot Turkey & Cheese Sandwich Crispy Chicken Salad w/ Cheez Its Fruit & Cheese Plate w/ Cheez Its Seasoned Green Beans Mashed Potatoes 15g Whole Wheat Roll 26g Sliced Peaches 16g Milk 12g	Chicken Strips w/ Waffle 56g BBQ Chicken Sandwich 42g Turkey & Cheese Sub 30g Veggie Chef Salad w/ Cheez Its 16(31g) Sweet Potato Waffle Fries 15g BBQ Baked Beans 34g Pineapple 15g Milk 12g	Spaghetti w/ Meatballs & Garlic Toast 33g Bean & Cheese Burrito w/ Cheese 42g Ham Chef Salad w/ Cheez Its 9(24g) American Wrap 30g Garden Salad 3g Seasoned Peas & Carrots 10g Apple, Banana or Orange 12- 23g Milk 12g	Honduran Quesadilla 44g Hamburger 30g Turkey Chef Salad w/ Cheez Its 9(24g) Spicy Chicken Wrap 44g California Vegetable Medley 6g Golden Corn 22g Cilantro Lime Rice 23g Apple, Banana or Orange 12- 23g Milk 12g	Turkey & Cheese Sandwich 30g Fresh Baby Carrots & Celery Sticks 4g Chocolate Chex Mix 15 g Orange Smiles 11g Milk 12g 12g  Earth Day
23	24	25	26	27
Chicken Pot Pie 16g Corndog 30g Turkey Chef Salad w/ Cheez Its 9(24g) Southwest Veggie Wrap 38g Garden Salad 3g Sweet Potato Waffle Fries 15g Whole Wheat Roll 26g Apple, Banana or Orange 12-23g Milk 12g	Crispy Orange Chicken 20g Cheese Nacho w/ Refried Beans 36g Turkey & Cheese Sandwich 30g Steamed Broccoli 7g Festive Black Beans 11g Cilantro Lime Rice 23g Seasonal Fruit Salad 8-16g Milk 12g	Mac n Cheese 42g Country Steak Fingers 19g Turkey Chef Salad w/ Cheez Its Ham & Cheese Wrap 30g Color of Italy Salad 4g Whole Wheat Roll 26g Steamed Carrots Mandarin Oranges 25g Milk 12g	Crispy Chicken Strips 12g Cheese Enchiladas 30g Veggie Chef Salad w/ Cheez Its 16(31g) Turkey & Cheese Sandwich 30g Green Beans 5g Mashed Potatoes 15g Whole Wheat Roll 26g Apple, Banana or Orange 12- 23g Milk 12g	Frito Pie 38g Garlic Bread Cheese Pizza34g Turkey Chef Salad w/ Cheez Its9(24g) Ham & Cheese Sandwich 30g Steamed Mixed Vegetables 6g Baby Carrots & Celery Sticks 4g Seasonal Fruit Salad 8-16g Milk 12g
30				
Hot Dog 29g Country Steak Fingers 19g Fruit & Cheese Plate w/ Cheez Its 24g Turkey Chef Salad w/ Cheez Its 9(24g) Seasoned Green Beans 5g Mashed Potatoes 15g Whole Wheat Roll 26g Apple, Banana or Orange 12-23g Milk 12g				