

March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
				1 Bosco Sticks W/ Marinara Sauce Tri Tater Cookie (K-12) Choice: BBQ Rib Sandwich	Breakfast available daily in the Cafeteria 7:40 - 8:00
4 Chicken & Noodles Potatoes / Gravy W/ Roll Choice: Deli Wrap	5 Chicken Tenders W/ Roll Baby Baker Potatoes Choice: Smart Mouth Pizza	6 Corn Dog Baked Beans Apple Crisp (K-12) Choice: Cheesy Garlic Bread W/ Marinara	7 Cheeseburger French Fries Choice: Smart Mouth Pizza	8 Nachos Refried Beans Choice: General Tso & Rice W/ Roll	Grab and Go Breakfast: <u>Choice of</u> Banana Bread Cereal Wg. Donuts Poptarts Muffin
11 Popcorn Chicken Potatoes / Gravy W/ Roll Choice: Max Sticks W/ Roll & Marinara	12 Country Fried Beef Sandwich Tater Tots Choice: Smart Mouth Pizza	13 Biscuits & Gravy Sausage Links Tri Tater Choice: Cheesy Garlic Bread W/ Marinara	14 Chicken Sandwich Or Spicy Chicken Sandwich Spudsters Choice: Smart Mouth Pizza	15 Hot Dog Chips / Salsa Baked Beans Cookie (K-12) Choice: Hot Wings W/ Roll	Breakfast Includes Fruit Milk <u>Breakfast Prices</u> \$1.50 Reduced \$.30
18 Chicken Drumstick W/ Roll Diced Potatoes Choice: Orange Chicken & Rice W/ Roll	19 Cheeseburger Fries SideKicks Choice: Smart Mouth Pizza	20 Pepperoni Pizza Square Tater Tots Chocolate Pudding Choice: Cheesy Garlic Bread W/ Marinara	21 Chicken Tenders Potatoes / Gravy W/ Roll Choice: Smart Mouth Pizza	22 Tacos Refried Beans Mexican Rice Choice: Chicken Quesadilla	Smart Mouth Personal Pan Pizza from our NEW Pizza Oven for grades 3-12.
25 Popcorn Chicken Potatoes / Gravy W/ Roll Choice: Max Stix W/ Roll & Marinara	26 Corn Dog Baked Beans Baked Apples Choice: Smart Mouth Pizza	27 Mostaccioli Side Salad Garlic Toast Choice: Chicken Alfredo or Cheesy Garlic Bread W/ Marinara	28 Turkey Pot Pie Over Biscuit Choice: Smart Mouth Pizza	29 Bosco Sticks W/ Marinara Sauce Tri Tater Cookie (K-12) Choice: BBQ Rib Sandwich	Smart Mouth Pizza Best Deal: Select as a meal choice Or \$2.50 Ala Cart
Menu subject to change without notice.		<u>Lunch Prices</u> Elem \$2.30 Jr/Sr High \$2.40 Reduced \$.40	<u>Available Daily</u> Lunchable PBJ Parfaits Wraps Salads	<u>All meals include</u> Fruit/Vegetable Milk	"This institution is an equal opportunity provider."

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
	1	2	3	4	Breakfast available daily in the Cafeteria 7:40 - 8:00
8 Chicken & Noodles Potatoes / Gravy W/ Roll Choice: Deli Wrap	9 Chicken Tenders W/ Roll Baby Baker Potatoes Choice: Smart Mouth Pizza	10 Corn Dog Baked Beans Apple Crisp (K-12) Choice: Cheesy Garlic Bread W/ Marinara	11 7Cheeseburger French Fries Choice: Smart Mouth Pizza	12 Nachos Refried Beans Choice: General Tso & Rice W/ Roll	Grab and Go Breakfast: <u>Choice of</u> Banana Bread Cereal Wg. Donuts Poptarts Muffin
15 Popcorn Chicken Potatoes / Gravy W/ Roll Choice: Max Sticks W/ Roll & Marinara	16 Country Fried Beef Sandwich Tater Tots Choice: Smart Mouth Pizza	17 Biscuits & Gravy Sausage Links Tri Tater Choice: Cheesy Garlic Bread W/ Marinara	18 Chicken Sandwich Or Spicy Chicken Sandwich Spudsters Choice: Smart Mouth Pizza	19 Hot Dog Chips / Salsa Baked Beans Cookie (K-12) Choice: Hot Wings W/ Roll	Breakfast Includes Fruit Milk <u>Breakfast Prices</u> \$1.50 Reduced \$.30
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29 Popcorn Chicken Potatoes / Gravy W/ Roll Choice: Max Stix W/ Roll & Marinara	30 Corn Dog Baked Beans Baked Apples Choice: Smart Mouth Pizza	1 Mostaccioli Side Salad Garlic Toast Choice: Chicken Alfredo or Cheesy Garlic Bread W/ Marinara	2 Turkey Pot Pie Over Biscuit Choice: Smart Mouth Pizza	3 Bosco Sticks W/ Marinara Sauce Tri Tater Cookie (K-12) Choice: BBQ Rib Sandwich	Smart Mouth Pizza Best Deal: Select as a meal choice Or \$2.50 Ala Cart
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Understanding the Lunch Line: A Parent's Guide

Each day, your child is offered a lunch containing the following:

Meat or Meat Alternate,
Grain,
Fruit, Vegetable
and of course, Milk!

While the most nutritious lunch contains all of these options, we understand that sometimes our students do not like some of the items we serve. To make our student customers happy, we like to give them the option to decline items they do not want to eat.

Out of the 5 food groups your student is offered, he must choose at least 3 food groups for his meal. One of the food groups must be a **fruit** or **vegetable**. Some of the menu choices may count as two food groups such as pizza, nachos, cheeseburger, or chef salad!

Here's an example menu:

Cheeseburger on a **Bun**
1/2 cup **Carrots**
1/2 cup **French Fries**
1/2 cup **Peaches**
8oz of **Milk**

So, your child could choose:

Cheeseburger on a **Bun** and **Fries**
Carrots, Peaches and **Milk**
Cheeseburger on **Bun, Peaches** and **Milk**

Of course they can take other combinations or all 5 food groups!

The choice is up to them!

If your child comes home and says she didn't get enough to eat at lunch, ask if she is taking all of her **fruit** and **vegetable** choices!

Don't forget about breakfast! Join us each morning, breakfast is a great way to kick off your child's day!

Breakfast choices are a little different. Students must take at least 3 of the offered items at breakfast, one must be a **fruit** or **vegetable**.

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