





April 2019

Our salad bar includes: Salad greens, carrots, peppers, cucumbers, corn, beans, broccoli.

Our breakfast menu is posted on the back of the lunch menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Veggie of the Month Nettles!	1 Pasta with Cheese and Beef Pasta with Cheese and Vegetables	2 Herby Chicken Pita Brown Rice	3 Nachos with and without Beef Rice Beans	4 Beef Shepherd's Pie Vegetable Shepherd's Pie	5 Tomato and chicken Stew Pesto Cous Cous	Breakfast is offered daily 
<p>If your student has food allergies and you have concerns over ingredients of any item on the menu, please contact our Food Services Department for a list of ingredients." 468-2201, ext. 2188</p>			10	11	12	13 We offer milk at every meal
			SPRING BREAK!			
14	15 Chicken Enchiladas Veggie Enchiladas Brown Rice	16 Meatloaf Veggie Loaf Wheatberry Salad	17 Pork Fried Rice Veggie Fried Rice	18 Mac and Cheese with Bacon Mac and Cheese with Squash	19 Cooks Choice Salad bar	20  We are an equal opportunity employer
21	22 Baked Potatoes with all the Fixings Veggie Chili	23 LIFE Pizza WholeWheat Dough Pepperoni Cheese	24 Frittata Wheatberry salad	25 Falafel Pita Cous Cous	26 Turkey Mole Veggie Mole Brown Rice Quesadillas	27
28	29 Meatloaf Veggieloaf Macaroni Salad	30 Lopez Beef Chili Veggies Chili Whole Wheat Rolls	1 Grilled Cheese	2 Beef Enchiladas Verde Roasted Veggie Enchiladas Verde Brown Rice	3 Cooks Choice Salad Bar	4