



April 2019 K-8 Lunch Menu

<p>1 Salisbury Steak & Gravy (2m) WG Dinner Roll (1wg) Mashed Potatoes (3/4s) Whole Apple (1/2c) Milk (1c) <i>ca=606 cb=98 so=1317</i></p>	<p>2 WG Chicken Tenders (2m, 1wg) Black Bean & Corn Medley (1/4s, 1/2l) Dinner Roll (1wg) Whole Banana (1/2c) Milk (1c) <i>ca=633 cb=92 so=1070</i></p>	<p>3 WG Chicken Corndog (2m,2wg) Green Beans (3/4o) Ketchup WG Cheez-its (1wg) Fresh Pineapple (1/2c) Milk (1c) <i>ca=610 cb=84 so=1030</i></p>	<p>4 Beef Meatball Sub & WG Bun (1.8m, 5 meatballs, 1.5wg, 1/4r) Carrot Sticks (1/2r) Ranch Dressing Fresh Cut Melon (1/2c) Milk (1c) <i>ca=600 cb=75 so=1211</i></p>	<p>5 WG Grilled Cheese Sandwich (1.5m, 1.5wg) Fresh Broccoli (3/4g) Ranch Dressing Whole Banana (1/2c) Milk (1c) <i>ca=620 cb=96 so=997</i></p>
<p>8 Beef Quesadilla (2m, 2wg) Taco Sauce Corn (3/4s) Whole Banana (1/2c) Milk (1c) <i>ca=625 cb=111 so=991</i></p>	<p>9 WG Chicken Nuggets (2m, 1wg) Ketchup Broccoli (3/4g) Ranch Dinner Roll (1wg) Fresh Cut Melon (1/2c) Milk (1c) <i>ca=635 cb=82 so=1071</i></p>	<p>10 Walking Taco Beef (.5m) WG Doritos (1wg) Refried Beans (3/4l) Cheddar Cheese (1m) Fresh Cut Pineapple (1/2c) Milk (1c) <i>ca=645 cb=118 so=676</i></p>	<p>11 Beef Meatballs & Spaghetti (1.8m, 5 meatballs, 1/4r marinara) WG Pasta (1/4wg) Carrot Sticks (1/2r) Fresh Cut Pineapple (1/2c) WG Roll (1wg) Milk (1c) <i>ca=635 cb=66 so=1035</i></p>	<p>12 Tony's Pizza (2m, 2wg, 1/8r) Celery Sticks (3/4o) Beef Peperoni Ranch Dressing Whole Banana (1/2c) Milk (1c) <i>ca=610 cb=79 so=1145</i></p>
<p>15 Hamburger Patty & WG Bun (2m, 1.75wg) Ketchup Baked Beans (3/4l) Whole Banana (1/2c) Milk (1c) <i>ca=600 cb=108 so=991</i></p>	<p>16 WG Chicken Patty & WG Bun (2m, 2.75wg) BBQ Sauce Broccoli (3/4g) Fresh Cut Melon (1/2c) Milk (1c) <i>ca=605 cb=95 so=1056</i></p>	<p>17 Diced Chicken BBQ (2m) WG Bun (1.75wg) Hash Brown (1/4s) Carrot Sticks (1/2r) Ranch Whole Banana (1/2c) Milk (1c) <i>ca=650 cb=99 so=1011</i></p>	<p>18 WG Chicken Nuggets (2m, 1wg) Ketchup Corn (3/4s) Bear Grahams (1wg) Whole Banana (1/2c) Milk (1c) <i>ca=605 cb=91 so=1159</i></p>	<p>19 Good Friday</p>
<p>22 Salisbury Steak & Gravy (2m) WG Dinner Roll (1wg) Mashed Potatoes (3/4s) Whole Apple (1/2c) Milk (1c) <i>ca=606 cb=98 so=1317</i></p>	<p>23 WG Chicken Tenders (2m, 1wg) Black Bean & Corn Medley (1/4s, 1/2l) Dinner Roll (1wg) Whole Banana (1/2c) Milk (1c) <i>ca=633 cb=92 so=1070</i></p>	<p>24 WG Chicken Corndog (2m,2wg) Green Beans (3/4o) Ketchup WG Cheez-its (1wg) Fresh Pineapple (1/2c) Milk (1c) <i>ca=610 cb=84 so=1030</i></p>	<p>25 Beef Meatball Sub & WG Bun (1.8m, 5 meatballs, 1.5wg, 1/4r) Carrot Sticks (1/2r) Ranch Dressing Fresh Cut Melon (1/2c) Milk (1c) <i>ca=600 cb=75 so=1211</i></p>	<p>26 WG Grilled Cheese Sandwich (1.5m, 1.5wg) Fresh Broccoli (3/4g) Ranch Dressing Whole Banana (1/2c) Milk (1c) <i>ca=620 cb=96 so=997</i></p>
<p>29 Beef Quesadilla (2m, 2wg) Taco Sauce Corn (3/4s) Whole Banana (1/2c) Milk (1c) <i>ca=625 cb=111 so=991</i></p>	<p>30 WG Chicken Nuggets (2m, 1wg) Ketchup Broccoli (3/4g) Ranch Dinner Roll (1wg) Fresh Cut Melon (1/2c) Milk (1c) <i>ca=635 cb=82 so=1071</i></p>		<p><i>ca = calories grams cb = carbohydrates grams so = sodium mg</i></p> <p><i>Fat Free Chocolate Milk or 1% White Milk Offered All bread items whole grain</i></p>	<p><i>m = meat/protein wg = whole grain r = red/orange l = legume o = other s = starchy g = green</i></p>

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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