



Menu for the week of

4/3/2017

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4/7/2017

	4/3/2017 Monday	4/4/2017 Tuesday	4/5/2017 Wednesday	4/6/2017 Thursday	4/7/2017 Friday
Soup	Chicken & Dumpling Soup	Italian Wedding Soup	Broccoli & Cheese Soup	Minestrone Soup	Chicken Noodle
Chef's Entree	BBQ Brisket & Sausage w/ Baked Beans	Taco Tuesday: Crispy Beef Tacos w/ Spanish rice	Baked Herb Chicken w/ Mashed Potatoes	Pepperoni-Cheese Pizza Served with Fresh Melon	Blackened Tilapia w/ Steamed Rice
Kids Pick	Ultimate Grilled Cheese w/ Tomato Soup & Fruit	Fish Nuggets w/ Tater Tots	Steak Fingers w/ Mac & Cheese	Corn Dogs w/ Fresh Melon	Pasta Marinara w/ Garlic Breadstick
Fresh Vegetables	Steamed Veggie Medley	Steamed Broccoli	Peas & Carrots	Carrot / Celery Sticks	Italian Veggie Medley
Deli Sandwich	Grilled Chicken Wrap	Ham & Cheese	Turkey Club	Roast Beef & Cheddar	TunaSalad Hoagie
Healthy Choice	Chef's Salad w/ Turkey & Ham	Chicken Caesar Salad	Spinach Salad w/ Berries	Taco Salad	Garden Salad
Baked Potatoes	Served Daily with Cheddar Cheese, Bacon Bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon Bits and Sour Cream	Served Daily with Bacon Bits, Cheddar Cheese and Sour Cream	Served Daily with Cheddar Cheese, Bacon Bits and Sour Cream	Served Daily with Cheddar Cheese and Sour Cream
Menu Breakdown:	All Lunches are served with: Entrée, 2 Sides, Beverage and Dessert.	Dessert can be: Fruit, Cookie, Cake, Pudding, Yellow Cake or Brownie	A la Carte Items Include: Any Dessert Item. Fresh Fruit, Cheese Stick, Yogurt or Veggie Cup	Pricing Breakdown: PreK- 1st - \$4.90 2nd - 4th - \$5.50 5th - 8th \$6.05	Payment Options: Credit cards (no AMEX), cash or check. Payments can be made in cafeteria or dropped off at front office.
Beverages:	100% Juice Capri Sun, 100% Juice Apple & Eve, 2% Milk or Fat Free Chocolate Milk, Water	100% Juice Capri Sun, 100% Juice Apple & Eve, 2% Milk or Fat Free Chocolate Milk, Water	100% Juice Capri Sun, 100% Juice Apple & Eve, 2% Milk or Fat Free Chocolate Milk, Water	100% Juice Capri Sun, 100% Juice Apple & Eve, 2% Milk or Fat Free Chocolate Milk, Water	100% Juice Capri Sun, 100% Juice Apple & Eve, 2% Milk or Fat Free Chocolate Milk, Water
Ala Carte Items:	JellO / Pudding Cup - \$1 Yogurt Cup - \$1 May be Substituted for Dessert Option.	Fresh Fruit: Strawberries, Grapes, Pineapple, Watermelon, Peaches, Cantaloupe - \$1	Side Salad: Fresh Garden Salad Offered Daily - \$1	Pasta Salad - Chef's Choice Veggie Medley - \$1	Fruit or Salad Choices May be Substituted for Daily Vegetable Option.
Dessert	Yellow Cake	Sliced Peaches	Chocolate Brownies	Cookies	Ice Cream

Daily Meal features Choice of Main Entrée or Deli Sandwich Box or Salad Entrée and choice of two sides, dessert and a beverage.

Pre-K3 - K - \$4.90 1st through 3rd Grades \$5.50 and 4th through 8th Grades \$6.05

This menu has been reviewed by our Nutritionist Cynthia Wolfram, RDN, LD / Dietitians for Healthcare, LLP

