

Breakfast K-12

APRIL 2024

MON	TUE	WED	THU	FRI
1 Banana Muffin Raisins & Applesauce	2 Strawberry Yogurt w/ Graham Crackers or Apple Frudel Apple Slices & Diced Pineapple	3 Multi-Grain Frosted Flakes w/Graham Crackers or Cinnamon Butter Honey Biscuit Diced Peaches & 100% Grape Juice	4 Cinnamon Toast Crunch w/Graham Crackers or Pancakes w/ Syrup Apple Slices & 100% Orange Juice	5 Cinnamon Crisp Bar Raisins & 100% Grape Juice
8 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice	9 Strawberry Yogurt w/ Graham Crackers or Cinnamon Bun Apple Slices & Diced Pineapple	10 Honey Cheerios w/ Graham Crackers or Cinnamon Butter Honey Biscuit Diced Peaches & 100% Grape Juice	11 Plain Bagel w/ Cream Cheese (V) or Mini Sausage & Cheese Flatbread Apple Slices & 100% Orange Juice	12 Apple Jacks w/ Graham Crackers Raisins & 100% Grape Juice
15 Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce	16 Strawberry Yogurt w/ Graham Crackers or Pancakes w/ Syrup Apple Slices & Diced Pineapple	17 Cinnamon Raisin Bagel w/ Butter or French Toast w/ Syrup Diced Peaches & 100% Grape Juice	18 Honey Cheerios w/ Graham Crackers or Cinnamon Bun Apple Slices & 100% Orange Juice	19 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice
22 Cinnamon Crisp Bar Raisins & 100% Grape Juice	23 Strawberry Yogurt w/ Graham Crackers (V) or Breakfast Pizza Apple Slices & Diced Pineapple	24 Multi-Grain Cinnamon Flakes w/Graham Crackers or Apple Frudel Diced Peaches & 100% Grape Juice	25 Plain Bagel w/ Cream Cheese or Waffles w/ Syrup Apple Slices & 100% Orange Juice	26 Blueberry Muffin Fresh Orange & 100% Very Berry Juice
29 Banana Muffin Raisins & Applesauce	30 Strawberry Yogurt w/ Graham Crackers or Apple Frudel Apple Slices & Diced Pineapple			

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

1% Milk and Skim Milk

Please Note

Locally Grown Component Served Daily

Menu is subject to change. Vegetarian Meal Options are indicated with a "V"



Lunch K-8

APRIL 2024

MON	TUE	WED	THU	FRI
<p>1 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V) Fresh Apple</p>	<p>2 Beef Meatballs in Tomato Sauce w/ Club Roll or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear</p>	<p>3 Hot Honey Chicken Ciabatta Sandwich or French Toast Sticks w/ Scrambled Eggs (V) Roasted Sweet Potatoes Fresh Apple</p>	<p>4 Adobo Chicken w/ Cilantro Brown Rice & Street Corn or Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Banana</p>	<p>5 Egg Salad Sandwich (V) or French Bread Cheese Pizza (V) Celery w/ Ranch Dressing Fresh Apple</p>
<p>8 Meatloaf w/ Gravy, Mashed Potatoes & Whole-Wheat Bun or Cheese Quesadilla w/ Sour Cream and Street Corn (V) Fresh Apple</p>	<p>9 BBQ Chicken w/ Brown Rice & Baked Beans or NEW! Latin Bean Melt Flatbread (V) Fresh Pear</p>	<p>10 Buffalo Chicken Melt Flatbread Celery Sticks w/ Ranch Dressing or Cheese Raviolis w/ Green Beans (V) Fresh Apple</p>	<p>11 Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana</p>	<p>12 NEW! Southwestern Chicken Salad w/ Pita Bread & Ranch Dressing or Cheese Pizza w/ Garden Salad & Ranch Dressing Fresh Apple</p>
<p>15 BBQ Beef Meatballs w/ Club Roll or Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Apple</p>	<p>16 Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Whole-Wheat Bread Slice & Peas (V) Fresh Pear</p>	<p>17 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple</p>	<p>18 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana</p>	<p>19 Chicken Breast Sandwich w/ Mayo or French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple</p>
<p>22 Beef Cheeseburger w/ Ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple</p>	<p>23 Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Pear</p>	<p>24 Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli or Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) Fresh Apple</p>	<p>25 Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing or Cobb Salad w/ Pita Bread (V) Fresh Banana</p>	<p>26 Turkey & Cheese Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple</p>
<p>29 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V) Fresh Apple</p>	<p>30 Beef Meatballs in Tomato Sauce w/ Club Roll or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear</p>			

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Lunch Milk Choices

1% Milk and Skim Milk

Please Note

Locally Grown Component Served Daily

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V"



Lunch 9-12

APRIL 2024

MON	TUE	WED	THU	FRI
<p>1 Chicken Nuggets w/ Ketchup, Baked Beans & Whole Wheat Bread Slice or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V) Fresh Apple & Fresh Orange</p>	<p>2 Beef Meatballs in Tomato Sauce w/ Mozzarella Cheese or Home-Style Macaroni & Cheese (V) Broccoli Diced Peaches & Fresh Pear</p>	<p>3 Hot Honey Chicken Ciabatta Sandwich or French Toast Sticks w/ Scrambled Eggs & Graham Crackers (V) Roasted Sweet Potatoes Fresh Banana & Fresh Apple</p>	<p>4 Adobo Chicken w/ Cilantro Brown Rice & Street Corn or Veggie Burger w/ Ketchup & Roasted Potatoes (V) Diced Pineapple & Fresh Banana</p>	<p>5 Egg Salad Sandwich (V) or French Bread Cheese Pizza (V) Celery Sticks w/ Ranch Dressing Fresh Apple & Raisins</p>
<p>8 Meatloaf w/ Gravy, Mashed Potatoes & Dinner Roll or Cheese Quesadilla w/ Sour Cream and Street Corn (V) Fresh Apple & Fresh Orange</p>	<p>9 BBQ Chicken w/ Brown Rice & Baked Beans or NEW! Latin Bean Melt Flatbread (V) Diced Peaches & Fresh Pear</p>	<p>10 Buffalo Chicken Melt Flatbread & Celery Sticks w/ Ranch Dressing or Edamame Noodle Bowl w/ Blended Vegetables (V) Fresh Banana & Fresh Apple</p>	<p>11 Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Diced Pineapple & Fresh Banana</p>	<p>12 NEW! Southwestern Chicken Salad w/ Pita Bread or Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple & Raisins</p>
<p>15 BBQ Beef Meatballs w/ Whole Wheat Bread Slice or Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Apple & Fresh Orange</p>	<p>16 Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Peas (V) Diced Peaches & Fresh Pear</p>	<p>17 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice & Beans w/ Cheese (V) Fresh Banana & Fresh Apple</p>	<p>18 Chicken Caesar Salad w/ Pita Bread or Home-Style Macaroni & Cheese w/ Broccoli (V) Diced Pineapple & Fresh Banana</p>	<p>19 Chicken Breast Sandwich w/ Mayo or French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins</p>
<p>22 Beef Cheeseburger w/ Ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple & Fresh Orange</p>	<p>23 Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans or Spanish Rice w/ Beans & Cheese (V) Diced Peaches & Fresh Pear</p>	<p>24 Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli or Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) Fresh Banana & Fresh Apple</p>	<p>25 Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing or Cobb Salad w/ Pita Bread (V) Diced Pineapple & Fresh Banana</p>	<p>26 Turkey & Cheese Sandwich w/ Mayonnaise or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins</p>
<p>29 Chicken Nuggets w/ Ketchup, Baked Beans & Whole Wheat Bread Slice or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V) Fresh Apple & Fresh Orange</p>	<p>30 Beef Meatballs in Tomato Sauce w/ Mozzarella Cheese or Home-Style Macaroni & Cheese (V) Broccoli Diced Peaches & Fresh Pear</p>			

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