

# April 2012 LunchSmart Menu

Monday	Tuesday	Wednesday	Thursday	Friday
April 2	April 3	April 4	April 5	April 6
<b>SPRING BREAK !!</b>				
April 9	April 10	April 11	April 12	April 13
<b>SPRING BREAK</b>	Jamaican Jerk Chicken Black Beans w/salsa Sweet Potato Fries Fresh Fruit or Mixed Fruit  Chicken Strips	Pamela's Homemade Marinara Sauce with whole grain Pasta Soft Garlic Breadstick Steamed Broccoli Fresh Fruit or Peaches  Bacon Dbl Cheeseburger	All Beef Hot Dog on a Wheat Bun Baked Doritos Mixed Vegetables Fresh Fruit or Applesauce  Chicken Hoagie	Beef and Cheese Burrito Spanish Rice Fresh Baby Carrots w/ranch dressing Fresh Fruit or Pears  Mozzerella Breadsticks
April 16	April 17	April 18	April 19	April 20
Oven Baked Chicken Tenders Au Gratin Potatoes Mixed Vegetables Fresh Fruit or Peaches  Taco Quesadilla Triangles	Grilled Chicken Sandwich w/lettuce and tomato Pasta Salad Fresh Fruit or Mandarin Oranges  Spicy Chicken Wings	Lasagna Roll Ups with Marinara Sauce Cheesy Garlic Bread Capri Vegetables Fresh Fruit or Mixed Fruit  Bacon Dbl Cheeseburger	Beefy Nachos Mexican Corn Fresh Fruit or Apple Slices Oatmeal Cookie  Chicken Rings	<b>FUN FRIDAY!!!</b>
April 23	April 24	April 25	April 26	April 27
Wheat Pretzel Stix w/Cheese Sauce Steamed Broccoli Fresh Fruit or Applesauce Fruit Snacks  Popcorn Chicken	Honey Dijon Chicken Whipped Potatoesw/gravy Mixed Vegetables Fresh Fruit or Peaches  Mini Corn Dogs	Rotini w/Marinara Sauce Soft Garlic Breadstick Corn Fresh Fruit or Mixed Vegetables  Bacon Dbl Cheeseburger	Pork Tenderloin on Whole Wheat Bun Pasta Salad Fresh Fruit or Mandarin Oranges Whole Grain Goldfish Crackers  Cheese Quesadilla	All American Cheeseburger On a Whole Wheat Bun Corn on the Cob Fresh Fruit or Pineapple Tidbits  Spicy Chicken
April 30	<b>Color Me White/Brown/Tan</b>			
Chicken Patty Sandwich Mini Pretzels Baked Beans Fresh Fruit or Apple Slices  Chicken Nuggets	<p>Are you familiar with jicama, parsnips, and white peaches? How about cauliflower, mushrooms, and brown pears? These are just some of the fruits and vegetables that are in the white/brown/tan color group. Produce in this category contains varying amounts of phytonutrients. These fruits and veggies play a role in heart health by helping you maintain healthy cholesterol levels, and they may lower the risk of some types of cancer.</p>			



Earth Day  
April 22



Join us each morning for our Breakfast Specials!! Only \$2.00 each. The cafeteria opens at 7:15 a.m. Start your day with a homemade, hot breakfast!

*Special note: The menu is subject to change based on availability and quality of food items.*