

# April 2016

## Elementary School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  				
1	2	3	4	5
Chicken Tenders w/Breadstick Meatball Sub Chs Stick/Yogurt/Honey Granola *Chef Salad  Green Beans Fresh Baby Carrots Mandarin Oranges Fresh Apple	*BBQ w/Rice & Breadstick Corndog Ham & Cheese Sandwich *Chef Salad  Cucumber & Tomato Salad Picante Pinto Beans Fruit Cocktail Juice Variety	*Sausage & Pancakes Hamburger Combo Deli on Bun Chicken Strip Salad  Sweet Potato Waffle Fries Spinach Salad Peaches Fresh Grapes	Chic Cordon Bleu w/Breadstick Mozz. Twisted Cheese Bread Turkey & Cheese Mini Sub *Chef Salad  Parsley Potatoes Steamed Broccoli Applesauce Fresh Cantaloupe	<b>No School</b> (Spring Break)
6	7	8	9	10
Chicken Smackers w/Breadstick *BBQ Sandwich Chs Stick/Yogurt/Honey Granola *Chef Salad  Green Beans Fresh Cauliflower Diced Pears Fresh Apple	Teriyaki Beef Strips w/Rice & Brdstix *Hotdog Ham & Cheese Sandwich *Chef Salad  Sliced Cucumbers, Steamed Cababge <b>w/Fresh SC Grown Cabbage</b> Pineapple  Juice Variety	Italian Chickn Penne w/Cinn Roll Toasted Cheese Sandwich Combo Deli on Bun Chicken Strip Salad  Corn Caesar Salad Peaches Fresh Grapes	Tostitos w/Chilli & Cheese Grilled Chicken Sandwich Turkey & Cheese Mini Sub *Chef Salad  Veggie Cup Black Eyed Peas  Fruit Cocktail Fresh Strawberries <b>w/Fresh SC Grown Strawberries</b>	Pint Size Cheese Pizza Fish Nuggets w/Roll Chs Stick/Yogurt/Honey Granola *Chef Salad  Sliced Tomatoes Confetti Collards Fruit Cocktail Fresh Cantaloupe
11	12	13	14	15
Chicken Nuggets w/Roll Toasted Cheese Sandwich Chs Stick/Yogurt/Honey Granola *Chef Salad  Green Beans Seasoned Carrots Mandarin Oranges Fresh Apple	Roasted Chicken w/Breadstick Hamburger Ham & Cheese Sandwich *Chef Salad  Steamed Broccoli Baked Beans Fruit Cocktail Juice Variety	<b>Collaborative Planning Day</b>  Ham & Cheese Sandwich WG Cheeze-It  Fresh Carrots & Celery Fresh Apple 100% Real Fruit Juice Cool Rips Slushie	Mozzarella Cheese Sticks *Corndog Combo Deli on Bun Chicken Strip Salad  Steamed Cabbage <b>w/Fresh SC Grown Cabbage</b>  Bell Pepper Strips Peaches, Fresh Grapes	4x6 Nardone's Pepp Pizza Beef Stroganoff w/Noodles Chs Stick/Yogurt/Honey Granola *Chef Salad  Corn Celery Sticks Fruit Cocktail Fresh Orange Slices
16	17	18	19	20
Chicken Smackers w/Breadstick Sloppy Joe Chs Stick/Yogurt/Granola *Chef Salad  Green Beans Roasted Cauliflower Diced Pears Fresh Apple	Beef Taco Large Macaroni & Cheese & Brdstix Ham & Cheese Sandwich *Chef Salad  Black Eyed Peas Veggie Cup Pineapple Tidbits Juice Variety	Spaghetti w/Cinn Roll Chicken Sandwich Combo Deli on Bun Chicken Strip Salad  Steamed Squash Caesar Salad  Peaches Fresh Strawberries <b>w/Fresh SC Grown Strawberries</b>	<b>** B-Day Rice Krispy Treat**</b>  Chicken Pot Pie w/Breadstick *Hotdog Turkey & Cheese Mini Sub *Chef Salad  Seasoned Carrots Slice Cucumbers Applesauce Fresh Banana	NY Cheese Pizza Fish Sandwich Chs Stick/Yogurt/Granola *Chef Salad  Corn Garden Salad Fruit Cocktail Fresh Orange Slices

### MEALTIME MESSAGE

Lunch \$2.75  
 Assorted Milk Choices Available  
 Daily for Breakfast and Lunch:  
 1% White, Skim White, Fat Free  
 Chocolate, Strawberry, and Vanilla

### This Month's SC Grown Fresh Produce....



Strawberries



Cabbage

### Fun Facts:

Strawberry juice combined with honey will reduce inflammation or sunburn. Rub the mixture thoroughly into the skin before rinsing off with warm water and lemon juice.

In order to reap the benefits of cabbage to its fullest extent, it is advisable that steaming and stir-frying of cabbage is done so that the nutrients are preserved. It is also advisable to eat raw cabbage.

\*\* Contains Pork

Menu Items subject to change based upon availability.



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