



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

**Easter Monday
No School**

2

Crispy Baked Fish Sticks
Macaroni & Cheese
Green Beans
Seasonal Fresh Fruit
V: GRILLED CHEESE W/ FRENCH FRIES

3

Beef Sloppy Joe on Wheat Bun
Sweet Potato Fries
Sweet Peas
Seasonal Fresh Fruit
V: VEGETARIAN SLOPPY JOE

4

Dino Chicken Nuggets
Scalloped Potatoes
California Mixed Veggies
Seasonal Fresh Fruit
V: VEGGIE NUGGETS

5

Pizza

6

Breakfast for Lunch!
Pancakes
Potatoes O'Brien
Turkey Sausage
Seasonal Fresh Fruit
V: VEGETARIAN SAUSAGE

9

BBQ Baked Chicken Leg
Mashed Potatoes
Mixed Veggies
Seasonal Fresh Fruit
**V: CHEESY BROCCOLI RICE CASSEROLE w/
WHEAT ROLL**

10

Ground Beef Soft Taco w/ Cheese
Spanish Rice
Pinto & Black Bean Mix
Seasonal Fresh Fruit
V: BEAN & CHEESE TACO

11

Oven Baked Chicken Tenders
Broccoli & Cheese Rice
Crinkle Cut Carrots
Seasonal Fresh Fruit
V: VEGGIE NUGGETS

12

Pizza

13

Turkey Corndogs
Roasted Red Potatoes
Sweet Peas
Seasonal Fresh Fruit
V: GRILLED CHEESE

16

Chicken Fried Rice
Steamed Edamame
Wheat Roll
Seasonal Fresh Fruit
V: VEGETARIAN 'CHICKEN' FRIED RICE

17

Penne Pasta with Beef Meat
sauce & Parmesan Cheese
Buttered Sweet Peas
Garlic Wheat Roll
Seasonal Fresh Fruit
V: PENNE PASTA W/ MARINARA

18

Dino Chicken Nuggets
Loaded Mashed Potatoes
Green Beans
Seasonal Fresh Fruit
V: VEGGIE NUGGETS

19

Pizza

20

Chicken, Cheese Quesadillas
Spanish Rice
Refried Beans
Seasonal Fresh Fruit
V: SPINACH & CHEESE QUESADILLA

23

Cheeseburger on Wheat Bun
Sweet Potato Fries
California Mixed Veggies
Seasonal Fresh Fruit
V: BLACK BEAN BURGER

24

Oven Baked Chicken Leg
Macaroni & Cheese
Buttered Corn
Seasonal Fresh Fruit
**V: CHEESY BROCCOLI RICE CASSEROLE w/
WHEAT ROLL**

25

Oven Baked Chicken Tenders
Rice w/ Brown Gravy
Oven Roasted Carrots
Seasonal Fresh Fruit
V: VEGGIE NUGGETS

26

Pizza

27

Chicken Alfredo over
Penne Pasta
Green Beans
Garlic Wheat Roll
Seasonal Fresh Fruit
**V: PENNE PASTA W/ALFREDO SAUCE &
VEGGIE CHICKEN**

30

