## Welcame April



National Banana Day Wednesday，April 17， 2024

Bananas are a fantastic nourishing food！
They are $75 \%$ water，and are packed with nutrients such as vitamin C，vitamin B6， potassium \＆fiber！
Bananas can be found year－round at any grocery store，and are an easy，portable snack．

Bananas are easy to add to smoothies，or muffins，and frozen bananas can be easily turned into＂nice＂cream．
Google Banana Nice Cream．
Bananas are best when ripe which means the peel should be lightly speckled and the inside should have a sweet creamy taste．

BREAKFAST AT SCHOOL

Breakfast is offered to ALL students every morning at no cost！
Students may choose one entrée of their choice from many options such as biscuits，cereals，breakfast bars，\＆pastries．
Fresh fruit， $100 \%$ fruit juice，and milk are offered too，and students may choose one of each of these．

Ah，Spring．．．

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: |
| Entrées（choose one）April 8 | Breakfast For Lunch April 9 | Entrées（choose one）April 10 | Entrées（choose one）April 11 | Entrées（choose one）April 12 |
| ${ }^{1}$ Chicken Burger OR | ${ }^{1}$ SunButter \＆Jelly Sandwich OR | ${ }^{1}$ Chicken Fajita Strips OR | ${ }^{1}$ Deli Turkey Sandwich，L／T／P OR | ${ }^{1}$ Build－your－own Baked Potato |
| ${ }^{2} \mathrm{Hot}$ Dog | ${ }^{2}$ Bacon，Eggs \＆French Toast | ${ }^{2}$ Taco | ${ }^{2}$ Macaroni \＆Cheese | ${ }^{2}$ Build－your－own Sweet Potato |
| both offered with Chips | Vegetables（choose many） | Tortilla Chips \＆Cheese | Vegetables（choose many） | w／cheese，chili，toppings，${ }^{\text {¢ }}$ crackers |
| Vegetables（choose many） | Potato Hash Brown | Vegetables（choose many） | Green Beans，Fresh Cucumber | ${ }^{2}$ Pizza Slice |
| Baked Beans | Steamed Broccoli | Lettuce，Tomato，Salsa，Sweet Corn | Fruit | Vegetables（choose many） |
| Fruit | Fruit：Fresh Fruit and Fruit Cup | Fruit | Fresh Fruit and Fruit Cup | Steamed Broccoli，BLT Chop Salad |
| Fruit Cup and Dried Cherries | 洨 Fruit Gummies Treat 洨 | Fresh Fruit and Fruit Cup | 楽Fruit Juice Cup Treat率 | Fruit：Fresh Fruit and Fruit Cup |
| Entrées（choose one）April 15 | Entrées（choose one）April 16 | Entrées（choose one）April 17 | April 18 | Entrées（choose one）April 19 |
| ${ }^{1}$ SunButter \＆Jelly Sandwich OR | ${ }^{1}$ Turkey \＆Cheese on Croissant OR | ${ }^{1}$ BBQ OR | Manager Planned Lunch | ${ }^{1}$ Build－your－own Baked Potato |
| ${ }^{2}$ Chicken Tenders | ${ }^{2}$ PBJ each offered with Chips | ${ }^{2}$ Chicken Drumstick |  | ${ }^{2}$ Build－your－own Sweet Potato |
| Vegetables（choose many） | Vegetables（choose many） | each offered with Roll |  | $w /$ cheese，chili，crackers，${ }^{\text {® }}$ toppings |
| French Fries | Home－made Tomato Soup | Vegetables（choose many） |  | ${ }^{2}$ Pizza Crunchers w／Marinara Sauce |
| Assorted Fresh Veggies with dip | Fresh Garden Salad | Mashed Potatoes，Pinto Beans |  | Vegetables（choose many） |
| Fruit | Fruit | Fruit |  | Steamed Corn |
| Fresh Fruit and Fruit Cup | Fresh Fruit and Fruit Cup | Fresh Fruit and Fruit Cup |  | Fruit：Fresh Fruit and Fruit Cup |
| Entrées（choose one）April 22 | Entrées（choose one）April 23 | Entrées（choose one）April 24 | Entrées（choose one）April 25 | Entrées（choose one）April 26 |
| ${ }^{1}$ SunButter® \＆Jelly Sandwich OR | ${ }^{1}$ Peanut Butter \＆Jelly Sandwich OR | ${ }^{1}$ Chicken Fajita OR | ${ }^{1} \mathrm{Ham}$ Sandwich OR | ${ }^{1}$ Build－your－own Baked Potato |
| ${ }^{2}$ Chicken Filet Sandwich with L／T／P | ${ }^{2}$ Grilled Cheese Sandwich | ${ }^{2}$ Taco | ${ }^{2}$ Mandarin Orange Chicken \＆Rice | ${ }^{2}$ Build－your－own Sweet Potato |
| both offered with Chips | Vegetables（choose many） | with Tortilla Chips，Cheese \＆Rice | Vegetables（choose many） | $w /$ cheese，chili，crackers，${ }^{\text {® }}$ toppings |
| Vegetables（choose many） | Chicken Tortilla Soup，Crackers | Vegetables（choose many） | Fresh Steamed Broccoli | ${ }^{3}$ Pizza Slice |
| Fresh Crunchy Veggies w／Ranch | Tater Tots | Lettuce，Tomato，Salsa，Pinto Beans | Fresh Sweet Yellow Bell Peppers | Vegetables（choose many） |
| Fruit | Fruit：Fresh Fruit and Fruit Cup | Fruit | Fruit | Fresh Garden Salad |
| Fresh Fruit and Fruit Cup | Fruit Gummies Treat | Fresh Fruit and Fruit Cup | Fresh Fruit and Fruit Cup | Fruit：Fresh Fruit and Fruit Cup |
| Entrées（choose one）April 29 | Entrées（choose one）April 30 |  |  |  |
| ${ }^{1}$ Chicken Burger OR | ${ }^{1}$ Ham \＆Cheese Hoagie OR |  |  |  |
| ${ }^{2} \mathrm{Hot}$ Dog | ${ }^{2}$ Turkey \＆Cheese Hoagie |  |  |  |
| Vegetables（choose many） | each offered with Chips |  |  |  |
| Cole－Slaw | Vegetables（choose many） |  |  |  |
| Tater Tots，Baked Beans | lettuce，tom．，pickle，Fresh Carrots |  |  |  |
| Fruit | Fruit：Fresh Fruit and Fruit Cup |  |  |  |
| Fresh Fruit and Fruit Cup | Chocolate Cookie |  |  |  |

