



April 2021: Lunch



NUTRITION TIP: Practice stealth health—sneak veggies into favorite foods. Go light on the meat and top the pizza with vegetables like tomatoes, onions, mushrooms, bell peppers and artichoke hearts

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	12 Spaghetti Bolognese (meat sauce) zucchini Fruit 1% Milk	13 Tacos Refried beans Fruit 1% Milk LF Chocolate Milk	14 Grilled Cheese Tomato soup Fruit 1% Milk LF Chocolate Milk	15 Sloppy Joe Potato salad Fruit 1% Milk LF Chocolate Milk	16 Pizza Romaine salad Fruit 1% Milk LF Chocolate Milk	
	19 BBQ pulled Pork Sand Tater tots Fruit 1% Milk LF Chocolate Milk	20 Walkin taco Tomato salsa fruit 1% Milk LF Chocolate Milk	21 Chicken Tenders Cheesey rice & cauliflower Fruit 1% Milk LF Chocolate Milk	22 Ham & Cheese sand corn 1% Milk LF Chocolate Milk	23 Pizza Garbanzo bean salad Fruit 1% Milk LF Chocolate Milk	
	26 Chicken tender melt corn Fruit 1% Milk LF Chocolate Milk	27 Chicken Quesadilla , black beans fruit 1% Milk LF Chocolate Milk	28 Mac & Cheese broccoli fruit 1% Milk LF Chocolate Milk	29 Corn Dogs Green beans Fruit 1% Milk LF Chocolate Milk	30 Pizza Carrot sticks Fruit 1% Milk LF Chocolate Milk No School	