


# APRIL 2022 MENU

**\*Every Friday during Lent 3/2-4/16 we will offer a hot fish entrée for Lent.** You *must* offer any **1** of the **4** hot fish items on these days. DH-172 Fish & Chips w/Goldfish Crackers, DH-172b Fish & Chips w/Breadsticks, FH-39 Southern Fish Po' Boy, or DH-113b Crispy Fish Tacos. A cold fish entrée option *may* also be added to the menu *in addition* to the hot fish entrée option. (PP-03 Tuna Salad Power Pack, FH-77 Tuna Salad Wrap, FH-106 Tuna Salad Sub, or FH-77a Tuna Salad Sandwich).

				<p>1</p> <p><b>BREAKFAST</b>        Sausage Biscuit        Banana Chocolate Chunk Protein Bar        Strawberry Apple Crisps        100% Juice        White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>        PizzaBoli        All American Hotdog        Fish &amp; Chips w/ Breadstick*        Cheesy Garlic &amp; Herb Broccoli        Baby Carrots w/ Ranch        Fresh Orange Smiles        Assorted Low Fat Milk</p>
<p>4</p> <p><b>BREAKFAST</b>        Bacon, Egg &amp; Cheese Calzone        Cocoa Chip Protein Bar        Raisin Box        100% Juice        White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>        Four Cheese or Pepperoni Pizza Slice        Tuscan Rotini w/ Meatballs        Steamed Broccoli        Cucumber Slices w/ Ranch        Fresh Apple Slices        Assorted Low Fat Milk</p>	<p>5</p> <p><b>BREAKFAST</b>        Chicken Biscuit        Yogurt with Graham        Strawberry Apple Crisps        100% Juice        White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>        Macaroni &amp; Cheese        BBQ Pork Cornbread Bowl        BBQ Baked Beans        Baby Carrots w/ Ranch        100% Fruit Juice        Assorted Low Fat Milk</p>	<p>6</p> <p><b>BREAKFAST</b>        Sausage Biscuit        Mini Blueberry Pancakes        Buddy Fruit® Cinnamon Applesauce        100% Juice        White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>        Original Cheeseburger        Sweet &amp; Sour Chicken w/ Yellow Rice        Steamed Broccoli        Fruitables Veggie Juice Box        Ocean Spray® Craisins        Assorted Low Fat Milk</p>	<p>7</p> <p><b>BREAKFAST</b>        Apple Cinnamon Chewy bar        Yogurt Smoothie w/ Graham        Assorted Canned Fruit        100% Juice        White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>        Four Cheese or Pepperoni Pizza Slice        Sloppy Joe Sandwich  <u>Mashed Potatoes w/ Gravy</u>        Grape Tomatoes w/ Ranch        Assorted Canned Fruit        Assorted Low Fat Milk</p>	<p>8</p> <p><b>BREAKFAST</b>        Sausage Biscuit        Banana Chocolate Chunk Protein Bar        Strawberry Apple Crisps        100% Juice        White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>  <u>Southern Style chicken Bites with Cheez its®</u>        Mini Cheesy Calzones        Fish &amp; Chips w/ Breadstick*        Herbed Cauliflower        Baby Carrots w/ Ranch        Fresh Orange Smiles        Assorted Low Fat Milk</p>
<p>11</p> <p><b>BREAKFAST</b>        Bacon, Egg &amp; Cheese Calzone        Cocoa Chip Protein Bar        Raisin Box        100% Juice        White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>        Four Cheese or Pepperoni Pizza Slice        Meatball &amp; Marinara Sub        Sweet Kernel Corn        Cucumber Slices w/ Ranch        Fresh Apple Slices        Assorted Low Fat Milk</p>	<p>12</p> <p><b>BREAKFAST</b>        Chicken Biscuit        Yogurt with Graham        Strawberry Apple Crisps        100% Juice        White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>        Mini Queso Bites w/ Salsa        Tasty Brands Turkey &amp; Cheese Sandwich        Seasoned Black Beans        Baby Carrots w/ Ranch        100% Fruit Juice        Assorted low Fat Milk</p>	<p>13</p> <p><b>BREAKFAST</b>        Sausage Biscuit        Mini Blueberry Pancakes        Buddy Fruit® Cinnamon Applesauce        100% Juice        White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>        Original Cheeseburger        Grilled Cheese Sandwich        Creamy Tomato Soup        Fruitables Veggie Juice Box        Ocean Spray® Craisins        Assorted Low Fat Milk</p>	<p>14</p> <p><b>BREAKFAST</b>        Apple Cinnamon Chewy bar        Yogurt Smoothie w/ Graham        Assorted Canned Fruit        100% Juice        White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>        Four Cheese or Pepperoni Pizza Slice        Chicken &amp; Broccoli Alfredo        Steamed Broccoli        Grape Tomatoes w/ Ranch        Applesauce Cup        Assorted Low Fat Milk</p>	<p>15</p> <p style="text-align: center;"><b>Non-Student Day</b></p> 

<p>18</p> <p><b>BREAKFAST</b> Bacon, Egg &amp; Cheese Calzone Cocoa Chip Protein Bar Raisin Box 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Four Cheese or Pepperoni Pizza Slice Lentil Pasta with Meatsauce &amp; Breadsticks (2) <b>Roasted Carrots</b> Cucumber Slices w/ Ranch Fresh Apple Slices Assorted Low Fat Milk</p>	<p>19</p> <p><b>BREAKFAST</b> Chicken Biscuit Yogurt with Graham Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Southern Style chicken Bites with Cheez its® Cuban Sandwich Baked Sweet Plantains Baby Carrots w/ Ranch 100% Fruit Juice Assorted Low Fat Milk</p>	<p>20</p> <p><b>BREAKFAST</b> Sausage Biscuit Eggo® Mini Cinnamon Waffles Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Original Cheeseburger Chicken w/ Yellow Rice Oven Roasted Potato Wedges Fruitables Veggie Juice Box Ocean Spray® Craisins Assorted Low Fat Milk</p>	<p>21</p> <p><b>BREAKFAST</b> Apple Cinnamon Chewy bar Yogurt Smoothie w/ Graham Assorted Canned Fruit 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Four Cheese or Pepperoni Pizza Slice Tasty Brands Turkey, Pepperoni &amp; Cheese Croissant <b>Peas &amp; Carrots</b> Grape Tomatoes w/ Ranch Applesauce Cup Assorted Low Fat Milk</p>	<p>22</p> <p><b>BREAKFAST</b> Sausage Biscuit Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> <b>NachoBoli</b> All American Hotdog Cheesy Garlic &amp; Herb Broccoli Baby Carrots w/ Ranch Fresh Orange Smiles Assorted Low Fat Milk</p>
<p>25</p> <p><b>BREAKFAST</b> Bacon, Egg &amp; Cheese Calzone Cocoa Chip Protein Bar Raisin Box 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Four Cheese or Pepperoni Pizza Slice Tuscan Rotini w/ Meatballs Steamed Broccoli Cucumber Slices w/ Ranch Fresh Apple Slices Assorted Low Fat Milk</p>	<p>26</p> <p><b>BREAKFAST</b> Chicken Biscuit Yogurt with Graham Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Macaroni &amp; Cheese BBQ Pork Cornbread Bowl BBQ Baked Beans Baby Carrots w/ Ranch 100% Fruit Juice Assorted Low Fat Milk</p>	<p>27</p> <p><b>BREAKFAST</b> Sausage Biscuit Mini Blueberry Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Original Cheeseburger Sweet &amp; Sour Chicken w/ Yellow Rice Steamed Broccoli Fruitables Veggie Juice Box Ocean Spray® Craisins Assorted Low Fat Milk</p>	<p>28</p> <p><b>BREAKFAST</b> Apple Cinnamon Chewy bar Yogurt Smoothie w/ Graham Assorted Canned Fruit 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Four Cheese or Pepperoni Pizza Slice Sloppy Joe Sandwich <b>Mashed Potatoes w/ Gravy</b> Grape Tomatoes w/ Ranch Assorted Canned Fruit Assorted Low Fat Milk</p>	<p>29</p> <p><b>BREAKFAST</b> Sausage Biscuit Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> <b>Southern Style chicken Bites with Cheez its®</b> Mini Cheesy Calzones Herbed Cauliflower Baby Carrots w/ Ranch Fresh Orange Smiles Assorted Low Fat Milk</p>
<p style="text-align: center;"><b>Breakfast: Cereal can be served daily for breakfast along with the other menu choices.</b></p> <p style="text-align: center;"><b>High School MUST serve an additional 1/2c serving of fruit daily.</b></p> <p style="text-align: center;">A Munchable/Power Pack of Choice must be offered every day - PBJ w/Crackers Munchable (FH-102), Yogurt Munchable (FH-104), Smoothie Munchable (FH-104a), Cereal w/ Graham Munchable (FH-118), Sliced Loaf Munchable (DH-175), Mini Loaf Munchable (FH-119a), Boiled Egg Munchable (FH-140b), PB Cup Munchable (FH-119a), Hummus Power Pack (PP-05), Cheese Pizza Power Pack (SM-7), NO-Nut Butter Cup Munchable (FH-119c), Tuna Salad Power Pack (PP-33), Chicken Salad Power Pack (PP-75), or Egg Salad Power Pack (PP-52).</p>				

Updated 3/10/22