



April 2017

High School Lunch Menu w/8oz Skim or 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Caribbean Chicken Brown Rice & Beans Wheat Bread Raisins Fruit 3	Asian Rice Bowl w/ Chicken & Stir Fry Veggies Wheat Bread Fruit Juice 4	Macaroni & Cheese Green Peas Whole Wheat Roll Applesauce Fruit 5	Breaded Chicken Sandwich Carrots Whole Wheat Hamburger Bun Applesauce Fruit Ketchup 6	Cheese Tortellini w/Marinara Sauce Broccoli Juice Fruit 7
Rosemary Chicken Brown Rice Green Beans Wheat Bread Juice Fruit 10	Meatballs w/Marinara Whole Grain Pasta Carrots Wheat Bread Fruit Raisins 11	Chicken Nachos with Cheddar Cheese Salsa Corn Baked Tortilla Chips Juice Whole Wheat Roll Applesauce 12	Whole Grain Chicken Nuggets Baked Beans Wheat Bread Fruit Applesauce BBQ Dipping Sauce 13	Whole Wheat Pizza Broccoli Fruit Juice 14
Jerk Chicken Brown Rice & Beans Carrots Wheat Bread Applesauce Fruit 17	Shepherd's Pie Juice Fruit Wheat Bread (2 Slices) 18	Teriyaki Chicken Carrots Brown Rice Wheat Bread Applesauce Fruit 19	Roast Chicken w/ Gravy Brown Rice Pilaf Green Peas Fruit Applesauce Wheat Roll 20	Pasta w/Meat Sauce Broccoli Fruit Juice Wheat Roll 21
Hamburger Whole Wheat Hamburger Bun Home Fries Ketchup Fruit Juice 24	Chicken & Broccoli Alfredo Whole Grain Pasta Fruit Applesauce Wheat Bread 25	BBQ Chicken Sandwich Brown Rice & Beans Whole Wheat Hamburger Bun Fruit Juice 26	Chicken Parmesan Whole Grain Pasta Carrots Wheat Bread Raisins Fruit 27	Whole Grain Cheese Pizza Broccoli Fruit Juice 28