

## NOTES

A program meal must include foods from at least 3 food groups. One item must be a ½ cup of vegetables or either ½ cup of fresh fruit or 100% fruit juice to follow USDA guidelines for the NSLP.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> In-Service Day No School For Students	<b>Taco Tuesday 2</b> Chicken & Cheese Bean & Cheese Ham & Cheese Sandwich PB & J Pack Bagel Bundle Orange Smiles Black Beans	<b>3</b> Cheese Pizza Pepperoni Pizza Ham & Cheese Sandwich PB & J Pack Bagel Bundle Baby Carrots Apple Slices	<b>4</b> Grilled Chicken Salsa Melt Grilled Chicken Sandwich Ham & Cheese Sandwich PB & J Pack Bagel Bundle Steamed Corn Juicy Peaches	<b>5</b> Chicken Nuggets Vegan Nuggets Ham & Cheese Sandwich PB & J Pack Bagel Bundle Mixed Veggies Fruit Cocktail
<b>8</b> Jumbo Waffles W Sausage Patty Hot Dog on a Bun PB & J Pack Muffin & Yogurt Pack Applesauce Celery Sticks	<b>9</b> Chicken & Rice Tortilla Bowl Hot Dog on a Bun Chicken Taco Salad PB & J Pack Muffin & Yogurt Pack Orange Smiles Black Beans	<b>10</b> Cheese Pizza Buffalo Chicken Pizza Hot Dog on a Bun Chicken Taco Salad PB & J Pack Muffin & Yogurt Pack Baby Carrots Apple Slices	<b>11</b> Early Dismissal	<b>12</b> Early Dismissal
<b>15</b> Egg Tater-Tot Tacos or Jalapeno Cheddar Burger PB & J Pack Chicken Caesar Wrap Fruit & Veggie Plate Applesauce Celery Sticks	<b>16</b> Walking Nachos or Jalapeno Cheddar Burger PB & J Pack Chicken Caesar Wrap Fruit & Veggie Plate Orange Smiles Black Beans	<b>17</b> Cheese Pizza Sausage Pizza Jalapeno Cheddar Burger Chicken Caesar Wrap PB & J Pack Fruit & Veggie Plate Baby Carrots Apple Slices	<b>18</b> Corn Dog w/ Fries Jalapeno Cheddar Burger Chicken Caesar Wrap PB & J Pack Fruit & Veggie Plate Steamed Corn Blueberries	<b>19</b> Mozzarella Pesto Pannini Jalapeno Cheddar Burger Chicken Caesar Wrap PB & J Pack Fruit & Veggie Plate Mixed Veggies Fruit Cocktail
 <b>Earth Day 22</b> Eggoji Waffles Mac N' Cheese Popcorn Chicken Salad PB & J Pack Build Your Own Pizza Whole Apple Celery Sticks 'Dirt' pudding w lunch purchase	<b>23</b> Election Day No school For Students	<b>24</b> Cheese Pizza Meatball Pizza Mac N' Cheese Popcorn Chicken Salad PB & J Pack Build Your Own Pizza Baby Carrots Apple Slices	<b>25</b> Buffalo Chicken Meatball Mac Mac N' Cheese Popcorn Chicken Salad PB & J Pack Build Your Own Pizza Steamed Corn Blueberries	<b>26</b> Chicken Tenders w Breadstick Mac N' Cheese Popcorn Chicken Salad PB & J Pack Build Your Own Pizza Mixed Veggies Fruit Cocktail
<b>29</b> Maple Waffle Sandwich w Bacon Grilled Cheese PB & J Pack Chicken Caesar Salad Applesauce Celery Sticks	<b>Ace's Tray Day 30</b> Cheese Quesadilla Chicken Quesadilla Grilled Cheese PB & J Pack Chicken Caesar Salad Orange Smiles Black Beans	<div> <b>Wellness Tip of the Month:</b>  Blueberries contain vitamins A &amp; C and are high in nutrients. Blueberries boost heart health. Blueberries aren't actually BLUE they're PURPLE! Blueberries are the only naturally purple berry. Enjoy Blueberries on the 18<sup>th</sup> and the 25<sup>th</sup>. </div>		