


April 2025

SPRING

LUNCH MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 No School	2 Spaghetti w/Meat Sauce Garlic Bread Garden Salad Green Beans Mandarin Oranges Fruit Cocktail (9-12) Milk	3 Walking Taco Tomato Salsa Refried Beans Cinnamon Puff (6-12) Mixed Berries Peach (9-12) Milk	4 Fish Sticks Garlic Bread Mashed Potatoes & Gravy Fresh Baby Carrots Fresh Grapes Mixed Berries (9-12) Milk	5 
6	7 Hamburger on a Bun Dark Green Leaf Lettuce Tomato Slice Oven Fries Strawberries & Bananas Blueberries (9-12) Milk	8 Chili Saltine Crackers Red Bell Pepper Strips Peach Cinnamon Roll Applesauce (9-12) Milk	9 Chicken Nuggets Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Tossed Salad Fresh Pear Peach (9-12) Milk	10 Baked Ham Angel Biscuit & Jelly Sweet Potato Fries Green Beans Apple Crisp Grapes Pear (9-12) Milk	11 Macaroni & Cheese Popcorn Shrimp Whole Wheat roll & Jelly (6-12) Seasoned Peas Fresh Baby Carrots Apple Salad Peach (9-12) Milk	12
13	14 Mini Meatball Sub Ranch Potato Wedges Tossed Salad Peach Pear (9-12) Milk	15 BBQ Chicken Drumstick Whole Wheat Roll & Jelly Baked Beans Creamy Coleslaw Pineapple Grapes (9-12) Milk	16 Cheese Pizza Broccoli Florets Fresh Baby Carrots Fruit Slush Cup Citrus Fruit Cup Applesauce (9-12) Milk	17 No School Professional Development	18 No School Good Friday	19 
20 	21 Pork Rib on a Bun Dark Green Leaf Lettuce & Tomato Slice Sweet Potato Puffs Fresh Apples Pears (9-12) Milk	22 Chicken Crispito Funyuns Broccoli Florets Fresh Strawberries Pears (9-12) Milk	23 Corn Dog Green Beans Tater Tots Fruit Cocktail Snickerdoodle Blueberries (9-12) Milk	24 Chicken Quesadilla Tortilla Chips (9-12) Black Bean & Corn Salsa (9-12) Refried Beans Fruit Salad Tropical Fruit (9-12) Milk	25 Cavatini Whole Wheat Roll & Jelly Seasoned Corn Garden Salad Fresh Oranges Grapes (9-12) Milk	26
27	28 Hot Ham & Cheese on a Bun Potato Wedges Broccoli Florets Fruit Cocktail Blueberries (9-12) Milk	29 Pepperoni Pizza Tossed Salad Cherry Tomatoes Fresh Orange Pear (9-12) Milk	30 Chef Salad Garlic Breadstick Potato Wedges Fresh Strawberries Chocolate Chip Cookie Banana (9-12) Milk	<p>NOTES:</p> <p>* Participating in sports can build your child up... or drag them down. Make athletics a positive experience for your youngster with these strategies:</p> <p>* Encourage them to set goals - but make sure goals are realistic. They might aim to touch the ball three times during a game or try a move that they've been working on.</p> <p>* Avoid comments about your youngster's size or body. Concentrate on the friends they are making, the places they are playing, and the effort they are putting forth ("I love how you tried to get the rebound").</p>		