 **APRIL 2022 MENU**

READY-TO-SERVE SITES

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| See the source image | | | | 1 BREAKFAST Banana Chocolate Chunk  Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Popcorn Chicken  w/Cheez-it Crackers  Cheesy Garlic & Herb Broccoli  Baby Carrots w/ Ranch  Fresh Orange Smiles  (1 Elem/2 Secondary)  Assorted Low Fat Milk |
| 4  **BREAKFAST**  Cocoa Chip Protein Bar  Raisin Box  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tuscan Rotini w/ Meatballs  Steamed Broccoli  Cucumber Slices w/ Ranch  Fresh Apple Slices  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 5  **BREAKFAST**    Yogurt with Graham  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Macaroni & Cheese  BBQ Baked Beans  Baby Carrots w/ Ranch  100% Fruit Juice  Peach Cup  (Secondary only)  Assorted Low Fat Milk | 6 BREAKFAST Mini Blueberry Pancakes  Buddy Fruit® Cinnamon Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Sweet & Sour Chicken w/ Yellow Rice  Steamed Broccoli  Fruitables Veggie Juice Box  Ocean Spray® Craisins  (1 Elem/2 Seconadry)  Assorted Low Fat Milk | 7 BREAKFAST Apple Cinnamon Chewy bar  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Sloppy Joe Sandwich  Mashed Potatoes w/ Gravy  Grape Tomatoes w/ Ranch  Strawberry Cup  Melon Chunks  (Secondary only)  Assorted Low Fat Milk | 8 BREAKFAST Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Southern Style Chicken Bites with Cheez its®  Herbed Cauliflower  Baby Carrots w/ Ranch  Fresh Orange Smiles  (1 Elem/2 Secondary)  Assorted Low Fat Milk |
| 11  **BREAKFAST**  Cocoa Chip Protein Bar Raisin Box  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Meatball & Marinara Sub  Sweet Kernel Corn  Cucumber Slices w/ Ranch  Fresh Apple Slices  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 12  **BREAKFAST**    Yogurt with Graham  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tasty Brands Turkey & Cheese Sandwich  Seasoned Black Beans  Baby Carrots w/ Ranch  100% Fruit Juice  Peach Cup  (Secondary only)  Assorted Low Fat Milk | 13 BREAKFAST Mini Blueberry Pancakes  Buddy Fruit® Cinnamon Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Chicken w/Yellow Rice  Seasoned Peas and Carrots  Fruitables Veggie Juice Box  Ocean Spray® Craisins  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 14 BREAKFAST Yogurt Smoothie w/ Graham  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Chicken & Broccoli Alfredo  Steamed Broccoli  Grape Tomatoes w/ Ranch  Applesauce Cup  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 15  **Non-Student Day**  See the source image |
| 18  **BREAKFAST**  Cocoa Chip Protein Bar  Raisin Box  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**    Lentil Pasta with Meatsauce & Breadsticks (2)  Steamed Carrots  Cucumber Slices w/ Ranch  Fresh Apple Slices  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 19  **BREAKFAST**    Yogurt with Graham  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tasty Brands Turkey, Pepperoni & Cheese  Croissant  Herbed Cauliflower  Fruitables Veggie Juice Box  Ocean Spray® Craisins  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 20  **BREAKFAST**  Eggo® Mini Cinnamon Waffles  Buddy Fruit® Cinnamon Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Sweet & Sour Chicken w/Yellow Rice  Sweet Kernel Corn  Baby Carrots w/ Ranch  100% Fruit Juice  Peach Cup  (Secondary only)  Assorted Low Fat Milk | 21 BREAKFAST Apple Cinnamon Chewy bar  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**    Cuban Sandwich  Seasoned Peas & Carrots  Grape Tomatoes w/ Ranch  Applesauce Cup  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 22 BREAKFAST Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Southern Style Chicken Bites  w/Cheez-it Crackers  Cheesy Garlic & Herb Broccoli  Baby Carrots w/ Ranch  Fresh Orange Smiles  (1 Elem/2 Secondary)  Assorted Low Fat Milk |
| 25  **BREAKFAST**  Cocoa Chip Protein Bar  Raisin Box  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tuscan Rotini w/ Meatballs  Steamed Broccoli  Cucumber Slices w/ Ranch  Fresh Apple Slices  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 26  **BREAKFAST**    Yogurt with Graham  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  BBQ Pulled Chicken Sandwich  BBQ Baked Beans  Baby Carrots w/ Ranch  100% Fruit Juice  Strawberry Cup  (Secondary only)  Assorted Low Fat Milk | 27 BREAKFAST Mini Blueberry Pancakes  Buddy Fruit® Cinnamon Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Chicken w/ Yellow Rice  Steamed Broccoli  Fruitables Veggie Juice Box  Ocean Spray® Craisins  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 28 BREAKFAST Yogurt Smoothie w/ Graham  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**    Sloppy Joe Sandwich  Mashed Potatoes w/ Gravy  Grape Tomatoes w/ Ranch  Peach Cup  Melon Chunks  (Secondary only)  Assorted Low Fat Milk | 29 BREAKFAST Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Southern Style Chicken Bites with Cheez its®  Herbed Cauliflower  Baby Carrots w/ Ranch  Fresh Orange Smiles  (1 Elem/2 Secondary)  Assorted Low Fat Milk |
| **High Schools (Secondary Sites) MUST serve an additional 1/2c serving of fruit daily.** | | | | |

Updated 3/24/22