

April K-8 Lunch Menu

2018

Monday	Tuesday	Wednesday	Thursday	Friday
Egg Cheese Muffin 2 4oz 100% juice (15) ¼ c Tater tots (20) 1.5oz Scrambled egg patty, 0.5oz American cheese on 2oz WG English muffin (24) Ketchup packet	Ravioli with Cheese 3 ½ c Applesauce (15) ¼ c Steamed broccoli (5) Cheese ravioli (1oz MMA) with ¼ c spaghetti sauce and 1oz Mozzarella cheese 2oz WG breadsticks (28)	Fiesta Chicken Bowl 4 ½ c Fresh banana (15) ½ c Pinto beans (23) ¼ c Kernel corn (6) 2oz Roasted chicken with ¼ c salsa over ½ c Brown rice (22)	Ham Cheese Melt 5 ½ c Fresh apple (15) ¼ c Green beans (5) 1.5oz Sliced turkey ham, 0.5oz American cheese on 2oz WG bread (26)	Pasta with Meat Sauce 6 4oz 100% juice (15) ¼ c Diced carrots (9) ½ c WG pasta (20) with ¼ c Spaghetti sauce, 1oz Ground beef, 1oz Mozzarella cheese 1oz WG breadstick (14)
Cheese Pizza 9 4oz 100% juice (15) ¼ c Fresh baby carrots (9) WG cheese pizza (2oz MMA, 2oz G) (37) Ranch packet	Swedish Meatballs 10 ½ c Applesauce (15) ¼ c Steamed broccoli (5) 2oz Meatballs with Swedish gravy over ½ c WG pasta (20) 1oz WG breadstick (14)	Chicken Nuggets 11 ½ c Fresh banana (15) ¼ c Hickory beans (30) 5 each WG chicken nuggets (2oz MMA, 1oz G) (12) 1oz WG graham crackers (18) BBQ packet	BBQ Chicken Flat 12 ½ c Fresh apple (15) ¼ c Green beans (5) 1.5oz Roasted chicken with BBQ sauce and 0.5oz Cheddar cheese on 2oz WG flatbread (29)	Salisbury Steak 13 4oz 100% juice (15) ½ c Mashed potatoes (13) ¼ c Diced carrots 2oz Salisbury steak with gravy 1oz WG dinner roll (14)
Corn Dog 16 4oz 100% juice (15) ¼ c Tater tots (20) WG chicken corn dog (2oz MMA, 2oz G) (30) Ketchup packet	Hamburger 17 ½ c Applesauce (15) ¼ c Diced carrots (9) 2oz Beef patty on 2oz WG bun (24) Ketchup packet	Orange Chicken 18 ½ c Fresh banana (15) ¼ c Steamed broccoli (5) 2oz Roasted chicken with orange sauce over ½ c brown rice (22)	Beef Cheese Burrito 19 ½ c Fresh apple (15) ½ c Pinto beans (23) ¼ c Diced carrots 1.5oz Seasoned beef, 0.5oz cheddar cheese on 2oz WG tortilla (34) Taco sauce packet	Chicken Patty 20 4oz 100% juice (15) ¼ c Green beans (5) Chicken patty (15) (2oz MMA) on 2oz WG bun (24) Mayo Packet
Turkey Cheese Sandwich 23 4oz 100% juice (15) ¼ c Fresh baby carrots (9) 1.5oz Sliced turkey breast, 0.5oz American cheese on 2oz WG bread (26) Ranch packet	Pancakes 'n Sausage 24 ½ c Applesauce (15) ¼ c Tater tots (20) 2oz WG pancakes (27) with 2oz Turkey sausage Syrup cup (29)	Ham Dinner 25 ½ c Fresh banana (15) ¼ c Green beans 2oz Turkey ham with gravy over ½ c Mashed potatoes (14) 1oz WG dinner roll (14)	Chicken with Mozzarella 26 ½ c Fresh apple (15) ¼ c Steamed broccoli (5) 1.5oz Roasted chicken, 0.5oz Mozzarella cheese with ¼ c Spaghetti sauce over ½ c WG pasta (20) 1oz WG breadstick (14)	Sloppy Joe 27 4oz 100% juice (15) ¼ c Green beans ½ c Hickory beans (20) 2oz Ground beef with sauce on 2oz WG bun (24)
Hot Dog 30 4oz 100% juice (15) ¼ c Tater tots (20) 2oz Turkey hot dog on 2oz WG bun (23) Ketchup packet				Menu Subject to Change. Each meal served with choice of 1c 1% milk (12g) or 1c fat- free flavored milk (22g). Enjoy!

innovation foods

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