



STOP
think about eating a smaller portion
SLOW
balance your meal with green choices
GO
eat all you want!

April/May 2008 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
28 <u>Family Style</u> • <u>Cucumbers & Tomato Salad</u> •Cheesy Ziti Bake •Garlic Breadstick •Vegetable Blend • <u>Fresh Cut Fruit</u> • Stuffed Cabbage •Bar Crunch Ice Cream Milk, Juice, & Water	29 <u>Family Style</u> • <u>Romaine Mix Salad</u> • Honey Baked Ham •Cornbread Dressing •Savory Collard Greens • <u>Fresh Cut Fruit</u> •Spaghetti w/ Marinara Sauce •Murray Vanilla Cookies Milk, Juice, & Water	30 <u>Family Style</u> • <u>Orange Spinach Salad</u> •Chicken Casserole •Oyster Crackers •Steamed Broccoli • <u>Fresh Cut Fruit</u> •Garden Veggie Burger •Birthday Cake Milk, Juice, & Water	May1 <u>Family Style</u> • <u>Tossed Salad</u> •Sloppy Joe •Potato Wedges •Corn on the Cob • <u>Fresh Cut Fruit</u> • Quiche Florentine •Fruit Juice Bar Milk, Juice, & Water	2 <u>Family Style</u> • <u>Garden Salad</u> •Roast Turkey •Sweet Potato Souffle •Petite Green Beans •Hot Parkerhouse Rolls • <u>Fresh Cut Fruit</u> •Vegetarian Ratatouille •Marble Pudding Milk, Juice, & Water
5 <u>Family Style</u> • <u>Toss Salad</u> •Bar-B-Que Wings •Seasoned Pasta •Steamed Broccoli • <u>Fresh Cut Fruit</u> •Spanakopita •Sherbet Push Pop Milk, Juice, & Water	6 <u>Family Style</u> • <u>Lettuce & Tomato Salad</u> •Hamburgers •Curly Fries •Mexican Corn • <u>Fresh Cut Fruit</u> •Mushroom Ravioli •Chocolate Grahams Milk, Juice, & Water	7 <u>Family Style</u> • <u>Romaine Salad</u> •Sausage or Cheese Pizza •Cheddar Popcorn •Veggie Tray •Roasted Garlic Humus • <u>Fresh Cut Fruit</u> •Pepper Steak •Rice Crispy Treat Milk, Juice, & Water	8 <u>Spain</u> <u>International Day</u> • <u>Spanish Salad</u> •Spanish Baked Chicken • Spanish Rice •Seasoned Asparagus • <u>Fresh Cut Fruit</u> •Macaroni & Cheese •Lemon Sorbet Milk, Juice, & Water	9 <u>Family Style</u> • <u>Cucumber Salad</u> •Popcorn Fish •Baked Potato w/ The Works •Sauteed Snow Peas • <u>Fresh Cut Fruit</u> •Verdure (Veggie Pasta) •Cream Puff Milk, Juice, & Water
12 <u>Family Style</u> • <u>Caesar Salad</u> •Chicken Tenders •Garlic Bread •Seasoned Vegetable Blend • <u>Fresh Cut Fruit</u> •Vegetable Frittata •Fudge Bar Milk, Juice, & Water	13 <u>Family Style</u> • <u>Garden Salad</u> •Beef A Roni •Petite Green Beans •Parker House Rolls • <u>Fresh Cut Fruit</u> •Lemon Caper Chicken •Churro Milk, Juice, & Water	14 <u>Picnic Style</u> • <u>Fresh Baby Carrots</u> •Corndog •Baked Chips • <u>Fresh Cut Fruit</u> •Fresh Peach •Peanut Butter & Jelly Sandwich •Surprise Dessert Milk, Juice, & Water	15 <u>Family Style</u> • <u>Vinegrette Cole Slaw</u> •Pork Barbeque on a Bun •Potato Wedges •Seasoned Broccoli Cuts • <u>Fresh Cut Fruit</u> •Dirty Rice •Lorna Dune Shortbread Milk, Juice, & Water	16 <u>Family Style</u> Breakfast For Lunch •Pancake w/ Syrup •Breakfast Burrito •Assorted Cereal •Crispy Bacon • <u>Fresh Cut Fruit</u> •Spinach Tortellini w/ Marinara •Asst Mini Donut Milk, Juice, & Water
19 <u>Family Style</u> TACO DAY •Ambrosia Salad •Taco •Tortilla Chips w/ Salsa •Black Bean Fiesta • <u>Fresh Cut Fruit</u> •Fettuccini Alfredo •Sherbet Milk, Juice, & Water	20 <u>Family Style</u> • <u>Garden Salad</u> •Chicken Fried Rice •Corn on the Cob •Seasoned Broccoli • <u>Fresh Cut Fruit</u> •Italian Sub •Citrus Jell-O Milk, Juice, & Water	21 <u>Family Style</u> • <u>Mediterranean Salad</u> •Pepperoni or Cheese Pizza •Sauteed Spinach •Vegetable Tray w /Dip • <u>Fresh Cut Fruit</u> •Eggplant Parmesan •Oatmeal Cookie Milk, Juice, & Water	22 <u>Family Style</u> • <u>Spring Mix Salad</u> •Turkey Wraps •Potato Wedges •Chilled Cucumber Soup •Kosher Dill Pickle Spear • <u>Fresh Cut Fruit</u> •Blackened Catfish •Vanilla Ice Cream Milk, Juice, & Water	23 <u>Family Style</u> • <u>Tossed Salad</u> •Chicken Fajitas •Petite Green Beans •Gold Fish Crackers • <u>Fresh Cut Fruit</u> •Bratwurst on Bun •Mini Eclair Milk, Juice, & Water

NOTE: Daily selections include a variety of pre-made deli sandwiches (including turkey, ham, bologna, cheese, and peanut butter & jelly), composed salads, and assorted yogurt. Drink choices include skim milk, 2% milk, 1% milk, chocolate milk ,orange juice, and apple juice.

