



Don't forget to eat your vegetables.

Elementary Lunch Menu

April 2018

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily on the Fruit & Vegetable Bar

MONDAY

Move More Month AHA 2

Pancakes
Sausage Patty

Ham, Egg & Cheese on an English Muffin

Turkey BLT Wrap
Breakfast Potatoes

TUESDAY

Eat The Rainbow 3

Popcorn Chicken

Meatballs and Gravy

Egg & Chicken Salad Slider Combo
Mashed Potatoes
Homemade Brownie

WEDNESDAY

Beefy Nachos with Cheese 4

Cheese Calzone

Pretzel Bites w/Cheese Cubes

Roasted Corn

THURSDAY

BBQ Chicken on Ciabatta 5

Southern Chicken Biscuit

Turkey Deli Sandwich

Baked Beans
Coleslaw

FRIDAY

Cheese Bread
Marinara Sauce 6

BBQ Rib Sandwich

Yogurt Pak with Bagel

Garden Salad

HOM: Snow Peas 9

Sweet & Sour Chicken
Brown Rice

Cheeseburger on Bun
Brown Rice
Chicken Caesar Wrap

Spring Peas
Bread Stick

Gardening Week 10

Roasted Hot Dog on a Bun

Chicken & Gravy
French Bread

Chef Salad

Mashed Potatoes

Soft Beef Tacos
Lettuce, Tomato, Cheese 11

Southwestern Burger

Turkey Munchable

Spicy Pinto Beans

Toasted Cheese Sandwich 12

Chicken Bacon Ranch Melt on Ciabatta
Ham Deli Sub Sandwich

Homemade Tomato Soup
Chocolate Chip Cookie

Sausage Pizza 13

Italian Meatball Sub

Crispy Chicken Salad

Roasted Broccoli

Chicken Tender Basket
Whole Grain Dinner Roll 16

Fish Nugget Basket
Whole Grain Dinner Roll
WG Chips, Salsa & Cheese Cubes
Golden French Fries

HOM: Nutmeg 17

Chicken Crispito
Homemade Nacho Cheese Sauce

BBQ Chicken Sandwich

Turkey BLT Salad

Garden Salad

Crispy Chicken Nuggets
French Bread 18

Hot Ham & Cheese Panini

Chef Salad

Seasoned Ranch Wedges
Rice Krispie Treat

Walking Taco
Lettuce, Tomato, Cheese 19

Sloppy Joe on a Bun

Beef Taco Salad

Black Beans

Turkey BLT Flatbread 20

Corn Dog

Yogurt Pak with Bagel

Peas & Carrots

National Picnic Day 23

Chicken Tender Picnic Basket
Bread Stick

Cheeseburger Picnic Basket

Turkey BLT Wrap

Kettle Potato Chips
Sugar Cookie

Pizza Bagel 24

Philly Flatbread

Chicken & Tuna Salad Slider Combo
Kale Salad

National Pretzel Day 25

Pulled Pork on Pretzel Bun

Italian Meatballs & Bread Bowl

Pretzel Bites w/Cheese Cubes

Lemon Garbanzo Bean Salad

Ham & Tator Tot Breakfast Bake
Cinnamon Roll 26

Italian Turkey Panini

Turkey Deli Sandwich

Minted Fruit Salad

Meatloaf
French Bread 27

Popcorn Chicken Bowl
French Bread

Yogurt Pak with Bagel

Mashed Potatoes
Gravy

HOM: Blueberry 30

Pancakes
Blueberry Topping
Scrambled Egg

Biscuits & Gravy
Scrambled Egg

Chicken Caesar Salad

Breakfast Potato Casserole

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Prices

Regular PK-3	\$2.55
Regular 4-12	\$2.70
Reduced	\$0.40
Adult	\$3.70
Milk	\$0.45

HARVEST OF THE MONTH



EXTRA INFO

Milk choice of 1% White, Skim or Chocolate Skim is included with lunch.
Entree Salads are served with Dinner Roll
For questions or comments, contact Mindy Riibe at 712-621-0042 or email riiem@roschools.org

