



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**1**

**2**

**3**

**4**

Popcorn Chicken  
Cheeseburger  
Crispy Chicken Sandwich  
Cheese Pizza  
American Sub Box

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Mashed Potatoes & Gravy, Broccoli,  
Wedges, Diced Peaches & Bananas

**5**

Chicken Nachos  
Cheeseburger  
Spicy Chicken Sandwich  
Pepperoni Pizza  
Chef Salad

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Baked Beans, Tater Tots,  
Celery Sticks, Diced Pears

**6**

**7**

Corn Dog  
Cheeseburger  
Spicy Chicken Sandwich  
Pepperoni Pizza  
Turkey Sub Box

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Tater Tots, Celery Sticks, Mini Side  
Salad, Diced Pears & Fresh Apples

**8**

Macaroni & Cheese (V)  
Cheeseburger  
Crispy Chicken Sandwich  
Cheese Pizza  
Chicken Caesar Salad

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Seasoned Carrots, Wedges, Mini  
Side  
Salad, Diced Peaches

**9**

Popcorn Chicken  
Bacon Cheeseburger  
Crispy Chicken Sandwich  
Pepperoni Pizza  
All American Bento Box

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French Fries, Fresh Broccoli, Mixed  
Fruit & Oranges

**10**

Beef Nachos  
Cheeseburger  
Crispy Chicken Sandwich  
Cheese Pizza  
Yo-To-Go Box (V)

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Wedges, Baby Carrots,  
Roasted Broccoli, & Bananas

**11**

Chicken & Waffles  
Cheeseburger  
Spicy Chicken Sandwich  
Pepperoni Pizza  
Chicken Caesar Wrap

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Tater Tots, Celery Sticks, Mini  
Side Salad, & Mixed Fruit

Local ingredients used when seasonally available.

**12**

Sweet & Sour Chicken Bowl  
Cheeseburger  
Spicy Chicken Burger  
Pepperoni Pizza  
Ham Sub Box

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Tater Tots, Baby Carrots, Mini Side  
Salad, Diced Pears

**13**

Chicken Nuggets  
Cheeseburger  
Crispy Chicken Sandwich  
Cheese Pizza  
Chef Salad

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Mashed Potatoes & Gravy, Wedges,  
Applesauce & Fresh Banana

**14**

Teriyaki Beef Bowl  
Bacon Cheeseburger  
Crispy Chicken Sandwich  
Pepperoni Pizza  
Buffalo Chicken Sub Box

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French Fries, Fresh Broccoli,  
Diced Peaches & Apples

**15**

Chef's Choice  
Cheeseburger  
Crispy Chicken Sandwich  
Cheese Pizza  
Chef Salad

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Wedges, Golden Corn, Mini Side  
Salad & Fresh Oranges

**16**

Chicken Nachos  
Cheeseburger  
Spicy Chicken Sandwich  
Pepperoni Pizza  
Turkey Sub Box

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Tater Tots, Green Beans,  
Fresh Broccoli & Mixed Fruit

Variety of fat free and low fat milk are offered daily.

**19**

Breakfast For Lunch  
Cheeseburger  
Spicy Chicken Sandwich  
Pepperoni Pizza  
Yo-To-Go Box (V)

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Tater Tots, Golden Corn,  
Celery Sticks & Apples

**20**

Fritos Chili Pie  
Cheeseburger  
Crispy Chicken Sandwich  
Cheese Pizza  
Chicken Caesar Salad

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Wedges, Mixed Vegetables,  
Mini Side Salad & Mixed Fruit

**21**

Chef's Choice  
Bacon Cheeseburger  
Spicy Chicken Sandwich  
Pepperoni Pizza  
Ham Sub Box

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French Fries, Black Beans, Baby  
Carrots & Diced Pears

**22**

Beef Nachos  
Cheeseburger  
Crispy Chicken Sandwich  
Cheese Pizza  
Crispy Chicken Wrap

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Wedges, Refried Beans, Mini Side  
Salad & Diced Peaches

**23**

Macaroni & Cheese (V)  
Cheeseburger  
Spicy Chicken Sandwich  
Pepperoni Pizza  
Turkey Sub Box

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Tater Tots, Fresh Broccoli,  
Golden Corn & Oranges

(V) Denotes a vegetarian friendly item.

**26**

Chili Cheese Dog  
Cheeseburger  
Spicy Chicken Sandwich  
Pepperoni Pizza  
Buffalo Chicken Sub Box

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Tater Tots, Fresh Broccoli  
& Diced Pears

**27**

Chicken Enchiladas  
Cheeseburger  
Crispy Chicken Sandwich  
Cheese Pizza  
Chef Salad

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Wedges, Green Beans,  
Baby Carrots & Fresh Apples

**28**

Popcorn Chicken  
Bacon Cheeseburger  
Spicy Chicken Sandwich  
Pepperoni Pizza  
Chicken Caesar Salad

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Seasoned Carrots, French Fries,  
Mixed Fruit & Fresh Apples

**29**

Mozzarella Breadsticks (V)  
Cheeseburger  
Crispy Chicken Sandwich  
Cheese Pizza  
Turkey Sub Box

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Green Peas, Wedges, Diced  
Peaches & Banana

**30**

Alfredo Mac (V)  
Cheeseburger  
Spicy Chicken Sandwich  
Pepperoni Pizza  
Ham Sub Box

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Tater Tots, Golden Corn,  
Mixed Fruit & Oranges

\*\*The Fresh Pick for April is Broccoli! Broccoli is low in saturated fat, cholesterol and is a great source of vitamins C, A, K & B6! Try some on your tray this month!

## A Guide to Safety with School Meals in the Wake of COVID-19

As the world continues the long journey back to normalcy after the COVID-19 pandemic, many students are gearing up to start a new academic year faced with new, extraordinary challenges. The start of a school year can cause anxiety for both new and returning students and parents, and recent events have added reasonable concerns about health and

safety in the wake of the global pandemic that altered the way we live, work and learn. Sodexo understands these concerns, and we are committed to protecting the health and safety of everyone who eats in our schools, as well as all members of our foodservice staff.



Download our app for more information about our school lunches.

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			April 1 Biscuit & Gravy Yogurt & Fruit Smoothie Orange Smiles	April 2 Breakfast Pizza Filled Cinnamon Toast Crunch Bar Mixed Fruit
April 5 American Breakfast Sandwich Nutrigrain Bar Fresh Apple	April 6 Pancakes Yogurt & Fruit Parfait Diced Peaches	April 7 Breakfast Pizza Muffin Banana	April 8 Sausage, Egg & Cheese Breakfast Burrito Yogurt & Fruit Parfait Orange Smiles	April 9 Cinnamon Roll Poptart Applesauce
April 12 Confetti Pancakes Fruit & Yogurt Smoothie Diced Pears	April 13 Breakfast Pizza Nutrigrain Bar Mixed Fruit	April 14 Banana Muffin Biscuit & gravy Orange Smiles	April 15 Egg & Cheese Biscuit Fruit & Yogurt Smoothie Fresh Bananas	April 16 Biscuit w/ Tater Tot Hash Poptart Peaches
April 19 Mini Cinnamon Bagels Nutrigrain Bar Mixed Fruit	April 20 Breakfast Pizza Muffin Pears	April 21 French Toast Sticks Yogurt Parfait Fresh Banana	April 22 Biscuit & Gravy Poptart Diced Peaches	April 23 Toasted Waffles Yogurt Parfait Applesauce
April 26 Sausage Biscuit Yogurt & Fruit Parfait Fresh Apple	April 27 Pancakes Muffin Mixed Fruit	April 28 Biscuit & Gravy Yogurt & Fruit Parfait Orange Smiles	April 29 Tater Tot Burrito Pop Tart Diced Pears	April 30 Breakfast Pizza Yogurt & Fruit Parfait Orange Smiles

### Fresh Pick Recipe

#### OVEN ROASTED BROCCOLI WITH PANKO (SERVES 4)

- 1 tablespoon garlic (raw)
- 2 tablespoons fresh basil (chopped)
- 2 cups fresh broccoli (cooked)
- 1/2 cup canned tomato (diced)
- 2 tablespoons canola/olive oil blend
- 1/8 teaspoon black pepper (ground)
- 1 tablespoon Italian seasoning
- 2 tablespoons panko bread crumbs
- 2 tablespoons grated Parmesan cheese

1. Chop garlic.
2. Wash basil and pat dry. Pull leaves off of stem and roughly chop.
3. Chop broccoli.
4. Drain tomatoes.
5. Lightly coat broccoli, chopped garlic and diced tomatoes with oil, Italian seasoning and pepper. Spread out on parchment lined sheet pan.
6. Bake in 450°F standard (conventional) oven for 10 minutes and broccoli is tender.
7. Sprinkle broccoli mixture with Panko and bake 5 more minutes.
8. Carefully transfer broccoli mixture to serving pan. Garnish with Parmesan cheese and basil.

**NUTRITION FACTS:**  
395 calories, 10g fat,  
197mg sodium, 3g fiber



### What is a reimbursable meal?

To qualify for a reimbursable lunch, each student must select at least 3 of the 5 components offered. One selection must be a fruit or vegetable. Meal components include fruits, vegetables, grains, meat/meat alternative, and milk.

Nutrition Information is available upon request.

