

Flossmoor School District 161

K-5 LunchSmart Menu

April 2018



Monday	Tuesday	Wednesday	Thursday	Friday
April 2 Spring Break	April 3 Rotisserie Chicken With Rice Cucumbers Celery Sticks Peach Cup	April 4 Beef Burrito Black Beans Salsa Fruit Cocktail	April 5 Chicken Parmesan with Marinara Sauce Spinach Salad Dinner Roll Fresh Apple	April 6 Cheese Pizza+ French Fries Cauliflower Florets Fresh Orange
April 9 Pizza Dippers+ Marinara Sauce Fresh Baby Carrots Peach Cups	April 10 Popcorn Chicken Spinach Salad Cherry Tomatoes Pear Cup	April 11 Cheeseburger Vegetarian Baked Beans Pickles / Tomatoes Fruit Cocktail	April 12 Breaded Chicken Sandwich French Fries Cucumbers Mandarin Oranges	April 13 Pepperoni Pizza Fresh Baby Carrots Fresh Celery Sticks Fresh Apple
April 16 Spaghetti & Meatballs Fresh Baby Carrots Diced Peaches	April 17 Grilled Cheese Potato Wedges Vegetable Juice Fresh Banana	April 18 Chicken Tacos Refried Beans Mild Salsa Applesauce	April 19 Beef Hot Dog Coleslaw Tomatoes / Pickles Pear Cup	April 20 Sausage Pizza Spinach Salad Red Peppers Pineapple Chunks
April 23 Breaded Cheese Sticks Marinara Sauce Dinner Roll Green Beans Tropical Fruit	April 24 Chicken Nuggets Dinner Roll Vegetarian Baked Beans Broccoli Florets / Dressing Fruit Cocktail	April 25 French Toast with Turkey Sausage Vegetable Juice Hash Browns Pear Cup	April 26 Corn Dog French Fries Fresh Celery Sticks Peach Cup	April 27 Cheese Pizza+ Coleslaw Fresh Baby Carrots Applesauce Cup
April 30 Baked Penne Pasta Broccoli Fresh Orange				

How Do I Look?

How you see your physical self, how you feel about it, and how you think others view you is called "body image." Some people think only girls are concerned about body image issues. They are wrong. Guys may not talk about it as much, but they do experience the same thing. If you are struggling with body image issues, talk to supportive family members, friends or health care professionals.

+ = Meatless selection

Skim & 1% white milk served with lunch each day

Milk served with lunch contains no artificial growth hormones or antibiotics

Menu is subject to change based on availability and quality of food items

This institution is an equal opportunity employer