

# Parker Junior High 6-8 LunchSmart Menu

## April 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Weekly Salad Special:</b> <b>Chicken Caesar Salad with Breadstick*</b> <hr/> <b>Spotlight Fruit of the Week:</b> <b>Fresh Pears</b>	<b>April 2</b> <b>Spring Break</b>	<b>April 3</b> <b>Chicken Parmesan Sandwich on a Bun*</b> California Blend Veggies Peaches	<b>April 4</b> <b>Beef Sloppy Joe on a Bun*</b> Baby Carrots Mixed Fruit	<b>April 5</b> <b>Boneless Chicken Wings with BBQ Dipping Sauce &amp; Honey Wheat Dinner Roll*</b> Scalloped Potatoes Green Beans Applesauce	<b>April 6</b> <b>Handcrafted Mac &amp; Cheese* &amp; Honey Wheat Dinner Roll*</b> Green Peas Pears
<b>Weekly Salad Special:</b> <b>Crispy Chicken Salad with Breadstick*</b> <hr/> <b>Spotlight Fruit of the Week:</b> <b>Grapes</b>	<b>April 9</b> <b>Chicken Soft Tacos on Tortillas* with Garnish Cup &amp; Salsa</b> Refried Beans California Blend Veggies Peaches	<b>April 10</b> <b>BBQ Rib Sandwich on a Bun*^</b> Corn Mixed Fruit	<b>April 11</b> <b>Greek-Style Chicken &amp; Honey Wheat Dinner Roll*</b> Brown Rice* Green Beans Pineapple	<b>April 12</b> <b>Spaghetti* with Turkey Meatballs &amp; Marinara</b> Broccoli Florets Applesauce	<b>April 13</b> <b>Pepperoni Calzone* with Marinara Dipping Sauce</b> Baby Carrots Pears
<b>Weekly Salad Special:</b> <b>Chef Salad with Breadstick*</b> <hr/> <b>Spotlight Fruit of the Week:</b> <b>Bananas</b>	<b>April 16</b> <b>Chicken Tenders* with BBQ Dipping Sauce &amp; Breadstick*</b> Broccoli Florets Peaches	<b>April 17</b> <b>Beef Fajitas with Tortillas*, Flame-Roasted Pepper &amp; Onion &amp; Salsa</b> Baby Carrots Mixed Fruit	<b>April 18</b> <b>Breaded Shrimp Poppers*</b> Corn Kettle-Baked Beans Pineapple	<b>April 19</b> <b>Turkey Ham &amp; Cheese Panini*</b> Oven-Baked Spiral-Cut French Fries Applesauce	<b>April 20</b> <b>Lasagna Roll-Up* &amp; Garlic Bread*</b> Capri Blend Veggies Pears
<b>Weekly Salad Special:</b> <b>Apple-Cranberry Chicken Salad with Pretzels* &amp; Roll*</b> <hr/> <b>Spotlight Fruit of the Week:</b> <b>Fresh Pears</b>	<b>April 23</b> <b>Oven-"Fried" Chicken Drumstick* &amp; Breadstick*</b> Corn Peaches	<b>April 24</b> <b>Meatball Sub* with Marinara &amp; Mozzarella</b> California Blend Veggies Mixed Fruit	<b>April 25</b> <b>Bosco Stick* with Marinara Dipping Sauce</b> Green Beans Pineapple	<b>April 26</b> <b>Cheesy Beefy Macaroni* &amp; Honey Wheat Dinner Roll*</b> Sweet Potato Puffs Applesauce	<b>April 27</b> <b>Beef Nachos* with Salsa</b> Refried Beans Broccoli Florets Pears
<b>Weekly Salad Special:</b> <b>Southwest Salad with Chips* &amp; Salsa</b> <hr/> <b>Spotlight Fruit of the Week:</b> <b>Grapes</b>	<b>April 30</b> <b>Orange Chicken</b> Brown Rice* Sliced Carrots Peaches				

### 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.

**Rainbow Variety Bar and Fresh Fruit Available Each Day / Skim and 1% White Milk Plus Fat-Free Chocolate Milk Provided Every Day / Freshly Prepared Additional Entrées Offered Daily**

All-American Cheeseburger\* / Classic Hamburger\* / Spicy Chicken Sandwich\* / Grilled Chicken Breast Sandwich\* / Sunbutter & Jelly Sandwich\* with a Yogurt Cup / Pizza\* (Big Daddy's extra cheesy Monday-Friday / Buffalo chicken on Mondays, Wednesdays & Fridays / 4-meat on Tuesdays & Thursdays)

### Fresh Deli Sandwiches Served Every Day on a Rotating Basis

Turkey & Cheese\* / Roast Beef & Cheddar\* / Turkey Ham & Cheese\* / Sedona Turkey Sub\* / Tuna Salad\*

\*=Item contains whole grains / ^=Item contains pork / L=Locally sourced / S=Sustainable source

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