

# Flossmoor School District 161

## K-5 LunchSmart Menu

### April 2018



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