

Eat smart. Be smart.



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Oranges



Looking for a nice way to some bright & cheerful color to your plate? Add some orange slices! Oranges are part of the citrus family and are a great source of Vitamin C and fiber! Vitamin C helps to keep your immune system strong and also helps your body to absorb iron— also important for your immune system. Fiber helps to keep your digestive system on track!

NSLP Daily Nutrition Standards

Protein	2oz
Vegetables	.75c
Fruits	1ea
Grains —	1 serving (.5c)
	8-10oz weekly
Milk	8oz

Pork

P = Poultry

B = Beef

V = Vegetarian

F= Fish

DF= Meal is Dairy Free

EF= Meal is Egg Free

ALL GRAINS ARE WHOLE GRAIN OR WHOLE WHEAT

April Lowell Cold Menu

Menu Subject to change

Sidekim Foods is peanut & tree nut free

Monday	Tuesday	Wednesday	Thursday	Friday
1 Crispy Chicken Sandwich Lettuce, & Cheddar Broccoli w/ Dip Burger Roll Fruit, Milk P	2 Cheese Burger Wrap Ketchup, Lettuce, Pickles & Tomatoes Carrot coins Fruit, Milk B (EF)	3 Turkey & Cheese Sandwich Lettuce & Mayo Black Bean, Corn, Red pepper Salad Bread Fruit, Milk P	4 Turkey & Cheese Sub w/ Lettuce & Mayo Pickles on side Cucumber wheels Sub Roll Fruit, Milk P	5 Turkey & Cheese Sandwich w/ Lettuce & Mayo Potato Salad Sandwich Roll Fruit, Milk P
8 Terrific Turkey & Cheese Sandwich Lettuce, & Mayo Black Bean Corn Red Pepper Salad Bread Fruit, Milk P	9 Power Play Cheese Cubes Carrots, Grapes Pretzels Milk	10 Chicken Over Caesar Salad Romaine Lettuce, Parm Cheese, Croutons Dinner Roll Dressing Fruit, Milk P/F	11 Turkey & Cheese Sandwich Lettuce & Mayo Carrot Coins Bread Fruit, Milk V	12 Crispy Chicken Sandwich w/ Cheddar Cheese w/ Lettuce Broccoli & Dip. Sandwich Roll Fruit, Milk P
15 No School Patriots Day	16	17	18	19
22 Turkey & Cheese Sandwich Lettuce & Mayo Chickpea Salad Bread Fruit, Milk P	23 Chicken Over Caesar Salad Romaine Lettuce, Parm Cheese, Croutons Dinner Roll Dressing Fruit, Milk P/F	24 Turkey & Cheese Sandwich Romaine Lettuce, Mayo Carrot Coins Fresh Fruit, Milk P (EF,DF)	25 Cheese Burger Wrap Ketchup, Lettuce, Pickles & Tomatoes Zucchini Wheels w/ Dip Fruit, Milk B (EF except Dip)	26 Power Play Cheese Cubes Carrots, Grapes Pretzels Milk
29 Turkey & Cheese Sandwich Chickpea Salad Bread Fruit, Milk P	30 Crispy Chicken Roll Lettuce, & Cheddar, Ranch Broccoli Sandwich Roll Fruit, Milk P	1 Turkey & Cheese Sandwich Lettuce, Mayo Potato Salad Bread Fruit, Milk P	2 Ham & Cheese Croissant Mayo Carrot Coins w/ Dip Croissant Fruit, Milk Pork	3 Turkey & Cheese Sandwich Lettuce Cucumber wheels Bread Fruit, Milk P