

Eat smart. Be smart.



Did you know pumpkin's aren't just fun to decorate! They are a healthy produce option loaded with FIBER, VITAMIN A, & B, POTASSIUM, PROTEIN & IRON! Since, pumpkins have seeds they are really a fruit. However, we often refer to them as a veggie!

**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 K-8 Hot Menu

Menu Subject to change

Sidekim Foods is peanut free & Tree nut free

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Meatballs, Gravy Over Egg Noodles</b> Broccoli Fruit & Milk  <b>B (EF)</b>	<b>2 Cheerful Chicken Fingers</b> Sweet Potato Fries Dinner Roll, Ketchup Fruit & Milk  <b>P</b>	<b>3 Early Release Day</b>	<b>4 Awesome Cheese Pizza</b> Green Beans Fruit & Milk  <b>V(EF)</b>	<b>5 Fantastic Fish Sticks</b> Tartar Sauce Roasted Potatoes Dinner Roll Fruit & Milk  <b>F</b>
<b>8 Mighty Burger w/ Cheese</b> BBQ Baked Beans Burger Roll, Ketchup Fruit & Milk  <b>B(EF)</b>	<b>9 Jolly BBQ Pulled Pork</b> Burger Roll Corn Fruit & Milk  <b>Pork (EF) (DF)</b>	<b>10 Turkey &amp; Cheese Croissant Sandwich</b> Mixed Veggies Fruit & Milk  <b>P (EF)</b>	<b>11 Blooming Breakfast For Lunch Waffles</b> Breaded Chicken Sweet Potato Wedges Ketchup & Syrup Fruit & Milk  <b>P</b>	<b>12 Stuff Shells w/ Mozzarella Cheese &amp; Marinara Sauce</b> Broccoli Fruit & Milk  <b>V</b>
<b>15 No School</b>  <b>Patriot's Day</b>				<b>19</b>
<b>22 Sweet &amp; Sassy BBQ Chicken Drumstick</b> Black Beans Corn, Red Pepper Salad Corn Muffin Fruit & Milk  <b>P(EF) (DF)</b>	<b>23 Meatball Sub w/ Marinara Sauce</b> Broccoli Sub Roll Fruit & Milk  <b>B</b>	<b>24 Early Release Day</b>	<b>25 Cheerful Chicken Fingers</b> Potato Wedges Roll, Ketchup Fruit & Milk  <b>P</b>	<b>26 Blooming Breakfast for Lunch French Toast</b> Pork Sausage Home Fries Ketchup & Syrup Fruit & Milk  <b>P</b>
<b>29 Tex-Mex Beef Nachos</b> Cheese, Salsa, Seasoned Black Beans Tortilla Chips Fruit & Milk  <b>B(EF)</b>	<b>30 Awesome Cheese Pizza</b> Broccoli Fruit & Milk  <b>V(EF)</b>	<b>1 Jolly BBQ Pulled Pork</b> Burger Roll Corn Fruit & Milk  <b>Pork (EF) (DF)</b>	<b>2 Mighty Burger w/ Cheese</b> Carrots Burger Roll, Ketchup Fruit & Milk  <b>B(EF) (DF) except Cheese</b>	<b>3 Cheese Bites w/ Marinara Sauce</b> Roasted Potatoes Dinner Roll Fruit & Milk  <b>V(EF)</b>