

# Food Zone

| 2018-2019  |  | April  |  |   | Lunch Menu |
|--|--|--|--|---|------------|
| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |            |
| 1<br><b>No School Spring Break</b>   | 2<br><b>No School Spring Break</b>   | 3<br><b>No School Spring Break</b>   | 4<br><b>No School Spring Break</b>   | 5<br><b>No School Spring Break</b>  |            |
| 8<br>Chicken Pot Pie w/navy beans and fresh vegetables<br>Whole Grain Biscuit<br>Fruit<br>Milk-1% or Flavored Fat Free, or Skim          | 9<br>*Macaroni & Cheese<br>Buttered Broccoli<br>Tomato & Corn Salad<br>Fruit Cup<br>Milk-1% or Flavored Fat Free, or Skim                        | 10<br>Sweet & Sour Chicken<br>Fried Rice<br>Asian Cabbage & Edamame Salad<br>Grapes<br>Milk-1% or Flavored Fat Free, or Skim                                 | 11<br>Meatball Sub on Whole Wheat Hoagie<br>Sautéed Green Beans<br>Mashed Cauliflower<br>Potatoes<br>Mandarin Oranges<br>Milk-1% or Flavored Fat Free, or Skim | 12<br>*Cheese Pizza<br>Baked Fries<br>Baby Carrots<br>Applesauce<br>Milk-1% or Flavored Fat Free, or Skim                       |            |
| 15<br>Baked Chicken Drumstick<br>Potato Wedges<br>Collard Green<br>Whole Grain Biscuit<br>Fruit<br>Milk-1% or Flavored Fat Free, or Skim | 16<br>Walking Doritos Taco's served w/lettuce, tomato, & cheese<br>Black Bean & Corn Salad<br>Fruit Cup<br>Milk-1% or Flavored Fat Free, or Skim | 17<br>20<br><u>*Breakfast for Lunch</u><br>Mini French Toast Sticks<br>Turkey Sausage<br>Roasted Potatoes<br>Grapes<br>Milk-1% or Flavored Fat Free, or Skim | 18<br>Chicken Sandwich on Whole Wheat Bun<br>Baked Beans<br>Baby Carrots<br>Mandarin Oranges<br>Milk-1% or Flavored Fat Free, or Skim                          | 19<br>*Cheese Pizza<br>Baked Fries<br>Celery Sticks<br>Applesauce<br>Milk-1% or Flavored Fat Free, or Skim                      |            |
| 22<br>Beef Chili w/Fresh Vegetables and Beans<br>Sautéed Carrots<br>Cornbread<br>Fruit<br>Milk-1% or Flavored Fat Free, or Skim          | 23<br>26<br>*Italian Baked Pasta and Meatballs<br>Buttered Corn<br>Fruit Cup<br>Milk-1% or Flavored Fat Free, or Skim                            | 24<br>Popcorn Chicken Bowl<br>Mashed Potatoes w/Gravy<br>Steamed Broccoli<br>Dinner Roll<br>Grapes<br>Milk-1% or Flavored Fat Free, or Skim                  | 25<br>Chicken Corn Dogs<br>Veggie & Potato Casserole<br>Mandarin Oranges<br>Milk-1% or Flavored Fat Free, or Skim  | 26<br>*Cheese Pizza<br>Baked Fries<br>Marinated Cucumber & Edamame Salad<br>Applesauce<br>Milk-1% or Flavored Fat Free, or Skim |            |
| 29<br>*Pineapple & Vegetable Teriyaki Chicken Stir Fry<br>Brown Rice<br>Fruit<br>Milk-1% or Flavored Fat Free, or Skim                   | 30<br>*Grilled Cheese & Tomato Soup<br>Baked Fries<br>Fruit Cup<br>Milk-1% or Flavored Fat Free, or Skim   |  |  |   |            |
| <u>2<sup>nd</sup> Entrée Option</u><br>*Grilled Cheese   | <u>2<sup>nd</sup> Entrée Option</u><br>Cheeseburger  | <u>2<sup>nd</sup> Entrée Option</u><br>Hot Dog   | <u>2<sup>nd</sup> Entrée Option</u><br>Cheese Bosco Sticks   | <u>2<sup>nd</sup> Entrée Option</u><br>Chicken Nuggets  |            |

**Daily Produce Bar available with purchase of school meal. Unlimited variety of fresh vegetable available. Lunch \$3.00**

**Menu Subject to Change**

Vegetarian options: WOW butter and Jelly sandwich, Veggie & Hummus Wrap, or Tossed Salad by request Call 216-295-4289 between 8:30am-9:30am  
Sun Butter - A peanut butter substitute made from soy beans.

Lunch Includes: Entrée, Two Servings of Fruits or Vegetables, One Serving of Grain or Bread, One Low-Fat Milk  
**Low-Fat and Fat Free Milk Served Daily**

Please discuss any food allergy issues concerning your child with the Food Service Director Amanda Schindley 216.295.4342  
This institution is an equal opportunity provider.

