



NAME OF SCHOOL Classic Cafe Lunch Menu



**April
2010**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>APRIL HARVEST OF THE MONTH</p> <p>Grapes Mushroom</p>	<p>Fresh vegetables plus fresh and canned fruits are available daily with lunch from the Fruit & Vegetable Bar.</p>	<p><i>Free & Reduced-meal forms can be obtained from all building offices at any time throughout the school year.</i></p>	<p>1 APRIL FOOLS' DAY</p> <p>NO SCHOOL</p>	<p>2 GOOD FRIDAY</p> <p>NO SCHOOL</p>
5 NO SCHOOL	6 Cheese Bread with Marinara Sauce Tossed Garden Salad	7 Deli Turkey Sandwich Fruited Muffin Square California Blend	8 Chicken Alfredo Whole Grain Pasta Broccoli Garlic Bread Stick	9 Fish Filet Sandwich Tator Tots Cole Slaw Frozen Treat
Alternative Entrée	Alternative Entrées Popeye Salad Chicken Salad Pita	Alternative Entrées Taco Salad Cheese & Veggie Hoagie	Alternative Entrées Cobb Salad Roast Beef Stacker	Alternative Entrées Craving Chicken Salad Yogurt Pak
12 Mini Corn Dogs or Corn Dog Oven Fries 7 Layer Salad	13 Grilled Cheese Sandwich Home-style Soup Crackers	14 Chicken Nuggets Couscous & Gravy Honey Glazed Carrots Sliced Wheat Bread	15 Hard or Soft Shell Taco with Fixings Mexicali Corn	16 Oven Roasted Turkey & Gravy Mashed Potatoes Peas Whole Grain Biscuit Birthday Cake
Alternative Entrées Chicken Caesar Salad Ham & Cheese Pinwheel	Alternative Entrées Tuna Salad Bowl Turkey Sub	Alternative Entrées Garden Vegetable Salad Slider Combo	Alternative Entrées Chef Salad Turkey BLT Wrap	Alternative Entrées Oriental Chicken Salad Yogurt Pak
19 PATRIOTS' DAY Pizza Parlor Cheese Pizza Caesar Salad	20 BBQ Chicken Legs Baked Beans Broccoli Salad Corn Bread	21 Lunch Brunch Sandwich Breakfast Potato Casserole Fresh Fruit Salad	22 EARTH DAY Chicken Quesadilla Salsa & Sour Cream Seasoned Corn	23 Deli Sandwich Chips & Salsa Fresh Carrots Peaches
Alternative Entrées Crispy Chicken Salad Italian Sub	Alternative Entrées Popeye Salad Chicken Salad Pita	Alternative Entrées Taco Salad Cheese & Veggie Hoagie	Alternative Entrées Cobb Salad Roast Beef Stacker	Alternative Entrées Craving Chicken Salad Yogurt Pak
26 Chicken Patty Whole Wheat Bun Sweet Potato Fries Vegetable Blend	27 Spaghetti with Meat Sauce or Marinara Sauce Italian Tossed Salad Garlic Toast	28 Beef Carnitas Spanish Brown Rice Refried Beans Flour Tortilla	29 All Beef Hot Dog Homemade Potato Salad Baked Beans	30 ARBOR DAY Turkey Ranch Wrap Kettle Chips Fresh Fruit Medley Cookie
Alternative Entrées Chicken Caesar Salad Ham & Cheese Pinwheel	Alternative Entrées Tuna Salad Bowl Turkey Sub	Alternative Entrées Garden Vegetable Salad Slider Combo	Alternative Entrées Chef Salad Turkey BLT Wrap	Alternative Entrées Oriental Chicken Salad Yogurt Pak

- Prepared From Scratch
- Contains Pork
- Vegetarian Entrée
- Harvest of the Month

NEW

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Foods aren't Good or Bad

A healthy eating style is like a puzzle with many parts. Each part, or food, is different. Some food may have more fat, sugar or salt, while others may have more vitamins or fiber.

There is a place for all of these foods. What makes a diet good or bad is how foods fit together. Balancing your choices is important. Fit in a higher-fat food, like pepperoni pizza, at dinner by choosing lower-fat foods at other meals. And, don't forget about moderation. If two pieces of pizza fill you up, don't eat a third.

Elementary	\$1.10/\$1.65
Secondary	\$1.10/1.70
Reduced	\$.30/\$.40
Additional Milk	\$0.35
Adult Lunch	\$2.70
Extra Entrée	\$0.90

To check the balance in your account or for additional information, contact:
Cindy Pedersen, FSD
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Milk Choice of 1%, Skim and 1% Chocolate is included with Lunch

Menus are subject to change without notice.