

Menus For April 2024
Springdale Junior/Senior
High School



RED ALERT!

THE FIRST OF APRIL IS
APRIL FOOLS DAY!
 DON'T BE FOOLED!

PLEASE SEE THE OTHER
 PAGE FOR A LIST OF THE
 TOP APRIL FOOLS TRICKS
 TO WATCH OUT FOR!

**YOU'RE
 GOOD**



**ALL STUDENTS EAT ALL MEALS @
 NO COST ALL YEAR LONG**

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- ☆☆ **Tuesday, April 2** ☆☆
- ☆☆ Line 1: Dynamo Double Burger with Baked Fries ☆☆
- ☆☆ Line 2: Buffalo Chicken Wrap ☆☆
- ☆☆ **Wednesday, April 3** ☆☆
- ☆☆ Line 1: Stuffed Pasta Shells with Garlic Breadstick ☆☆
- ☆☆ Line 2: Breaded Chicken Tenders with Baked Fries ☆☆
- ☆☆ **Thursday, April 4** ☆☆
- ☆☆ Line 1: Steak & Cheese Hoagie with Baked Fries ☆☆
- ☆☆ Line 2: Italian Deli Wrap or Pizza ☆☆
- ☆☆ **Friday, April 5** ☆☆
- ☆☆ Line 1: Baked Italian Dunkers with Pizza Sauce ☆☆
- ☆☆ Line 2: Entrée Chef Salad or PB&J Sandwich ☆☆
- ☆☆ **Monday, April 8** ☆☆
- ☆☆ Line 1: Chicken Sandwich with Waffle Fries ☆☆
- ☆☆ Line 2: Italian Grilled Cheese Sandwich or Pizza ☆☆
- ☆☆ **Tuesday, April 9** ☆☆
- ☆☆ Line 1: Beef & Cheese Nachos with Steamed Corn ☆☆
- ☆☆ Line 2: Breaded Chicken Tenders with Baked Fries ☆☆
- ☆☆ **Wednesday, April 10** ☆☆
- ☆☆ Line 1: Pasta & Meatballs with Toasted Breadstick ☆☆
- ☆☆ Line 2: Cheeseburger with Baked Fries ☆☆
- ☆☆ **Thursday, April 11** ☆☆
- ☆☆ Line 1: BOSCO Sticks with Pizza Sauce ☆☆
- ☆☆ Line 2: Deli Turkey Wrap or PB&J Sandwich ☆☆
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DON'T 4 GET!
 To make a lunch, choose at least one

and 3-5 items total

Breakfast:
 Choose at least 3 of the 4 available components
 Daily breakfast entrée or variety of alternate choices
 Fruit Choice or 100% Fruit Juice
 Fat-Free & Low-Fat Milk
 Serving Times: 7:20am to 7:45am

Monday, April 15

Line 1: BBQ Rib Sandwich with Mac & Cheese

Line 2: Spicy Chicken Wrap or Pizza

Tuesday, April 16

Line 1: French Toast with Sausage & Potato

Line 2: Chicken Sandwich or Pizza

Wednesday, April 17

Line 1: Popcorn Chicken Bowl with Biscuit

Line 2: Cheeseburger with Baked Fries

Thursday, April 18

Line 1: Grilled Cheese with Cup of Soup

Line 2: Breaded Chicken Tenders or Pizza

Friday, April 19

Line 1: Chicken Sandwich

Line 2: Breaded Corn Dog Nuggets or Pizza



Making a Complete Meal

A school lunch consist of 5 components: Protein, Vegetables, Grains, Fruit and Milk. Please choose at least 3 components to make a reimbursable meal.

Under the new guidelines, one of your selections must include a serving of fruit or vegetable.

*All lunches include choice of milk.

Monday, April 22

Line 1: Hot Honey Chicken Sandwich

Line 2: Italian Deli Wrap or Pizza

Tuesday, April 23

Line 1: Beef & Cheese Taco with Spanish Rice

Line 2: Breaded Corn Dog Nuggets or Pizza

Wednesday, April 24

Line 1: Chicken Alfredo & Broccoli

Line 2: Cheeseburger with Baked Fries

Thursday, April 25

Line 1: Jumbo Hot Dogs with Tater Tots

Line 2: Buffalo Chicken Wrap or Pizza

Friday, April 26

Line 1: Chicken Parmesan Sandwich

Line 2: Italian Sausage with Cheesy Potatoes

Monday, April 29

Line 1: Macaroni & Cheese with Dinner Roll

Line 2: Cheeseburger or Pizza

Tuesday, April 30

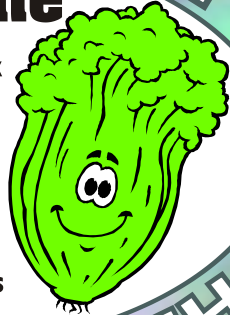
Line 1: Beef & Cheese Nachos with Corn

Line 2: Chicken Sticks with Baked Fries

VEGETABLE

Romaine

Romaine lettuce contains six times more vitamin C, four times more calcium, and ten times more beta carotene than ordinary iceberg lettuce, and it's very high in folic acid, too. Best of all, it has more flavor!



OF THE MONTH

YOU'RE GOOD
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NO COST ALL YEAR LONG