

**Menu
April 2026**



Wednesday, April 1

Line 1: Double Burger & Baked Fries
Line 2: Pizza

Tuesday, April 7

Line 1: Pub Burger with Baked Fries
Line 2: Pizza or Baked Hoagie

Wednesday, April 8

Line 1: Pasta & Meatballs with Breadstick
Line 2: Chicken Sandwich

Thursday, April 9

Line 1: BBQ Rib with Mac & Cheese
Line 2: Corn Dog or Pizza

Friday, April 10

Line 1: BOSCO Sticks with Pizza Sauce
Line 2: Chicken Sticks & Baked Fries

NUTRITION TO GO

Moderation and variety are the keys to healthy eating habits. A burger, taco, or piece of pizza may contain more than 30% calories from fat. But when paired with lowfat chocolate milk, a piece of fruit, and carrot sticks with lowfat dip, the entire meal can be quite healthy.

A QUICK BITE FOR TEENS

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:

7:15am to 7:45am

Monday, April 13

Line 1: Chicken Sandwich with Baked Fries
Line 2: Buffalo Chicken on Flatbread

Tuesday, April 14

Line 1: Beef & Cheese Nachos
Line 2: Chicken Tenders

Wednesday, April 15

Line 1: Chicken Nuggets & Whipped Potatoes
Line 2: Cheeseburger

Thursday, April 16

Line 1: Hot Honey Chicken Sandwich
Line 2: Pepperoni Roll with Pizza Sauce

Friday, April 17

Line 1: Baked Combo Basket
Line 2: Personal Pan Pizza

FRUIT

Blood Orange



Blood oranges have a sweeter, less acidic taste than the more common navel orange. Both the skin and the flesh have a reddish hue. They can contain 40% more Vitamin C than other oranges.

OF THE MONTH

Monday, April 20

- Line 1: Bacon Burger & Baked Fries
- Line 2: Buffalo Chicken Wrap or Pizza

Tuesday, April 21

- Line 1: Waffle with Sausage & Hash Browns
- Line 2: Chicken Tenders & Baked Fries

Wednesday, April 22

- Line 1: Asian Chicken with Rice & Vegetables
- Line 2: Cheeseburger

Thursday, April 23

- Line 1: Chicken Parmesan & Buttered Noodles
- Line 2: Steak n Cheese Hoagie

Friday, April 24

- Line 1: Grilled Cheese & Soup
- Line 2: Ham & Cheese Pretzel Bun Sandwich



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

Making a Complete Meal

A school lunch consist of 5 components: Protein, Vegetables, Grains, Fruit & 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 27

- Line 1: Double Burger with Baked Fries
- Line 2: Pizza

Tuesday, April 28

- Line 1: Beef Walking Taco & Steamed Corn
- Line 2: Chicken Tenders

Wednesday, April 29

- Line 1: Chicken Alfredo
- Line 2: Cheeseburger & Baked Fries

Thursday, April 30

- Line 1: Spicy Chicken with Mac & Cheese
- Line 2: Hot Dog & Baked Fries

SPIN YOUR WHEELS.



Biking may be the only activity that combines exercise, fun, AND transportation! Just remember to always wear bright clothes, a helmet, and close-toed shoes – and follow the rules of the road!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!

eat fit wanna stay fit? gotta eat right!



item: asparagus **verdict:** grounded

tip: It's coming out of the ground -- and should be headed for your plate! Asparagus is a perennial plant that starts poking up out of the ground this time every year. Fresh asparagus -- steamed, grilled, sauteed -- is one of the true harbingers of warmer weather to come!



Based on five large spears