



April 2019 K-8 LunchSmart Menu (Lent)

	Monday	Tuesday	Wednesday	Thursday	Friday
Spotlight Fruit of the Week: Bananas	April 1 Enchiladas & Refried beans Corn Peaches	April 2 Asian Beef Noodles Broccoli Mixed Fruit	April 3 Chicken Caesar Wrap* Black Beans Pineapple	April 4 Build-Your-Own Crunchy Beef Tacos* with Garnish Cup & Salsa Baby Carrots Applesauce	April 5 Toasted Cheese Sandwich* with Tomato Soup & Cheddar Goldfish Crackers* California Blend Veggies Pears
Spotlight Fruit of the Week: Fresh Pears	April 8 Greek-Style Chicken Brown Rice* Green Peas Snickerdoodle Cookie*	April 9 BBQ Rib Sandwich on a Bun* [^] Kettle-Baked Beans Mixed Fruit	April 10 Sedona Turkey Sandwich on a Croissant* with Lettuce & Tomato Carrot Salad Pozole Soup/Stew Blue Raspberry Lemonade Slushie Pineapple	April 11 Spaghetti* with Turkey Meatballs & Marinara Broccoli Florets Applesauce	April 12 French Toast Sticks* with Syrup & Yogurt Baby Carrots Pears
Spotlight Fruit of the Week: Grapes	April 15	April 16	April 17	April 18	April 19
EASTER VACATION					
Spotlight Fruit of the Week: Bananas	April 21 No School Easter Monday	April 23 No School Staff Development	April 24 No School Staff Development	April 25 Turkey Ham & Cheese Panini* Oven-Baked Spiral-Cut French Fries Applesauce	April 26 Lasagna Roll-Up* & Garlic Bread* Capri Blend Veggies Pears
Spotlight Fruit of the Week: Fresh Pears	April 29 Oven-"Fried" Chicken Drumstick* & Breadstick* Kettle-Baked Beans Corn Peaches	April 30 Meatball Sub* with Marinara & Mozzarella Green Beans Mixed Fruit			



Available Each Day: Salad, Fresh Fruit, Sunbutter & Jelly Sandwich* with Yogurt Cup, Milk (1% & Skim White Plus Fat-Free Chocolate)

Additional Fresh Entrées Offered Daily

- Monday** – All-American Cheeseburger on a Bun*
- Tuesday** – Chicken Nuggets* with Twisted Breadstick* & BBQ Dipping Sauce
- Wednesday** – Super Nachos* & Salsa* (meatless on 3/6)
- Thursday** – Breaded Chicken Sandwich*
- Friday** – Pizza* (cheesy garlic French bread, cheese personal pan, and Big Daddy's cheesy pizza rotate each week)

*=Item contains whole grains / ^=Item contains pork / L=Locally sourced
Milk served with lunch contains no artificial growth hormones or antibiotics
Menu is subject to change based on availability and quality of food items

Color Me White/Brown/Tan

Have you tried jicama, parsnips, and white peaches? How about cauliflower, mushrooms, and brown pears? These are just some of the fruits and vegetables that are in the white/brown/tan color group. Produce in this category contains beneficial phytochemicals including allicin and the mineral selenium. These fruits and veggies play a role in heart health by helping you maintain sound cholesterol levels, and they may lower the risk of some types of cancer.

Our **Culinary Explorations** group is taking a side trip to **Sedona, Arizona**. You may have seen Sedona without realizing it. For years, the red rocks of Sedona served as a backdrop to Hollywood movies. In fact, Sedona's nickname is "Red Rock Country." During our visit, we will dine on pozole and other treats. Pozole is a traditional dish that originated in Mexico. Ingredients include meat, hominy, seasonings, and garnishes. Did you know that food experts debate whether pozole is a soup or a stew? Try it and add your opinion to the mix.

