

APRIL 2019

NHSD Elementary Lunch Menu

Monday

1
Cheesy Pizza Wedge
w/wo Pepperoni
Alt: Chicken Patty Sandwich
Alt: Turkey & Cheese Shortie
Honey Baked Beans
Blue Raspberry/Lemon 100%
Fruit Juice Sidekick
Smoothie
Assorted Milk

8
Grilled Cheese Sandwich
Alt: Popcorn Chicken
w/wo Roll
Alt: Ham & Cheese Shortie
Tomato Soup
Sweet Peas
Pineapple Tidbits
Assorted Milk

15
No School

22
Earth Day!
Specialty Chicken Nuggets
Alt: Munchable Pizza
Lunch Kit
Alt: Turkey & Cheese
Shortie
Steamy Green Beans
Kiwi-Strawberry Sidekick
Smoothie
Assorted Milk

29
French Bread Pizza
Alt: Chicken Tenders
w/wo Roll
Alt: Turkey & Cheese
Shortie
Glazed Carrot Coins
Mixed Fruit Cocktail
Assorted Milk

Tuesday

2
Brunch for Lunch!
Pancakes w/wo Sausage
Alt: Bacon, Egg & Cheese
on Whole Grain Muffin
Alt: Ham & Cheese
Sandwich
Tater Tots
Chilled Applesauce
Assorted Milk

9
State Fair Corn Dog
Alt: Ham & Cheese Melt
on Sweet Hawaiian Bun
Alt: Turkey & Cheese
Sandwich
OB Curly Fries
Carrot Coins
Chilled Applesauce Cup
Assorted Milk

16
No School

23
Brunch for Lunch!
French Toast w/wo Sausage
Alt: Egg & Cheese on Whole
Grain Muffin
Alt: Ham & Cheese
Sandwich
Tater Tots
Sliced Peaches
Assorted Milk

30
Hot Dog on WG Bun
Alt: Grilled Cheese
Sandwich
Alt: Ham & Cheese
Sandwich
Crispy French Fries
Tomato Soup
Chilled Applesauce
Assorted Milk

Wednesday

3
Big Daddy's Pizza
Alt Burger w/wo Cheese
Alt: Tuna Fish Sandwich
Golden Corn
Sweet Potato Bites
Mixed Fruit Cocktail
Assorted Milk

10
Chicken Tenders
Alt: Meatball Sub
Alt: Tuna Fish Sandwich
Steamy Green Beans
Potato Smiles
Mini WG Choc. Chip
Cookies
Mixed Fruit Cocktail
Assorted Milk

17
No School

24
Beef & Cheese Nachos
Alt: Stuffed Crust Pizza
Alt: Tuna Fish Sandwich
Golden Corn
Cucumber Coins
Sweet Pear Cup
Assorted Milk

DID YOU KNOW...

April is named after the Greek goddess of love, Aphrodite. In the Roman calendar, the fourth month April is spelled Aprilis, meaning "to open." Festivals which were planned for April included Parrilla, a day celebrating the founding of Rome.

Thursday

4
Spaghetti
with plain or meat sauce
Alt: Max Pizza Sticks
w/wo Dipping Sauce
Alt: Egg Salad Sandwich
Garlic Bread
Steamed Broccoli Bites
Diced Sweet Peas
Assorted Milk

11
Beef Tacos Hard Shell
Alt: Chicken Waffle Bites
or Oven Baked Chicken
Nuggets
Alt: Egg Salad Sandwich
Golden Corn
Brown Rice
Sliced Peaches
Assorted Milk

18
No School

25
Ravioli w/wo Sauce
Alt: Cheezy Bread Sticks
Alt: Egg Salad Sandwich
Steamy Broccoli
Garlic Bread
Pineapple Tidbits
Assorted Milk

Friday

5
Breaded Fish Ocean
Shapes
Alt: Chicken Drumsticks
Alt: Ham & Cheese Hoagie
Dinner Roll
Oven Baked Fries
Steamy Green Beans
Sliced Peaches
Assorted Milk

12
No Hot Meals Served

Bagged Breakfast
and Lunch
Available

19
No School

26
Chicken Drumsticks
w/wo Soft Pretzel Stick
Alt: Personal Pizza w/wo
Pepperoni
Alt: Ham & Cheese
Hoagie
Oven Baked Fries
Honey Baked Beans
Mandarin Oranges
Assorted Milk

DON'T FORGET YOUR Grab & Go BREAKFAST!
****Please remember, if your child receives free or reduced lunch, they also receive free or reduced breakfast****

Menu is Subject to Change

Student Lunch \$2.90
Reduced Lunch \$.40

Additional Meal Choices
Include:

Peanut Butter & Jelly
Uncrustable, String Cheese
Combo w/Goldfish Crackers
Or

Yogurt, Bagel, String Cheese
Combo w/wo Toppings
Additional Fruit & Veg.

Choices Include:
100% Assorted Fruit Juice:
Orange, Apple or Fruit Punch
Baby Carrots w/wo Ranch Dip
Side Garden Salad
Fresh Fruit Basket w/ Apples,
Oranges and Bananas

1% White, FF White, FF Choc.
& FF Straw. Milk offered
daily

**Federal Guidelines for
School Lunches:**

5 Meal Components Offered:
Meat/Meat Alternate,
Bread/Grain, Vegetable, Fruit
and Milk

Students must choose 3 of
the 5. One of the 3
chosen must be a fruit or
vegetable for the meal to
be considered a school
lunch.