

# Menus

**School:** Virginia Elementary School

**Academic Year:** 2017-18

**Meal:** All

**Month:** April 2018

April				
M	Tu	W	Th	F
2	3	4 <b>Breakfast:</b> WHOLE GRAIN ENGLISH MUFFIN BOIL EGG LOWFAT CHEESE STICK ORANGE WEDGES 100%JUICE  <b>Lunch:</b> CHEESE/PEPPERONI (PIZZA) WHOLE GRAIN PIZZA CRUST FRESH ORANGE WEDGES GRAPES(9-12TH) LETTUCE SALAD(DARK GREEN) CORN FF DRESSINGS	5 <b>Breakfast:</b> WHOLE GRAIN CEREAL FAT-FREE YOGURT(1/2CUP) FRESH FRUIT 100%JUICE  <b>Lunch:</b> BAKED CHICKEN TENDERS(MEAT) WHOLE GRAIN BREADING WHOLE GRAIN ROLL(9-12TH) CINNAMON APPLESAUCE RAISINS(9TH-12TH) MASHED POTATO GREEN PEAS CARROT COINS COOKED (9TH-12TH)	6 <b>Breakfast:</b> WHOLE GRAIN BAGEL W/LOW-FAT CREAM CHEESE FRESH FRUIT 100%JUICE  <b>Lunch:</b> CHICKEN/CHEESE (QUESADILLA) WHOLE GRAIN TORTILLA WHOLE GRAIN TORTILLA CHIPS PINEAPPLE CHUNKS ORANGES WEDGES(9TH-12TH) REFRIED BEANS LETTUCE ONION PEPPERS SALSA
9 <b>Breakfast:</b> OATMEAL WHOLE GRAIN GRANOLA BAR CINNAMON APPLES 100%JUICE  <b>Lunch:</b> MEAT (SPAGHETTI SAUCE) WHOLE GRAIN PASTA- SPAGHETTI FRESH FRUIT PEARS(9TH-12TH) LETTUCE SALAD (DARK GREEN) BABY CARROTS FF RANCH	10 <b>Breakfast:</b> WHOLE GRAIN CEREAL WHOLE GRAIN APPLE MUFFIN RAISINS 100%JUICE  <b>Lunch:</b> OVEN BAKED FISH NUGGETS(MEAT) WHOLE GRAIN BREADING WHOLE GRAIN ROLL FRESH FRUIT POTATO WEDGES BAKED GREEN BEANS	11 <b>Breakfast:</b> WHOLE GRAIN WAFFLES PINEAPPLE 100%JUICE  <b>Lunch:</b> HAMBURGER WHOLE GRAIN BUN FRUIT COCKTAIL BAKED SWEET POTATO FRIES LETTUCE TOMATO ONION PICKLES(GARNISH) 9TH-12TH JUICE 4OZ	12 <b>Breakfast:</b> WHOLE GRAIN CEREAL WHOLE GRAIN ANIMAL CRACKERS PEARS 100%JUICE  <b>Lunch:</b> CHICKEN PATTY WHOLE GRAIN BREADING WHOLE GRAIN BUN FRESH FRUIT POTATO WEDGES BAKED LETTUCE PICKLES ONION TOMATO (GARNISH)	13 <b>Breakfast:</b> WHOLE GRAIN ENGLISH MUFFIN PEANUT BUTTER PEACHES 100%JUICE  <b>Lunch:</b> CHEESE(GRILLED CHEESE) WHOLE GRAIN BREAD BAKED PEARS PEACHES(9TH-12TH) BAKED BEANS CORN
16 <b>Breakfast:</b> WHOLE GRAIN FRENCH TOAST APPLESAUCE 100%JUICE  <b>Lunch:</b> MEAT(SLOPPY JOE) WHOLE GRAIN BUN FRESH FRUIT POTATO SALAD COLE SLAW	17 <b>Breakfast:</b> WHOLE GRAIN CEREAL FAT-FREE YOGURT(1/2CUP) FRESH FRUIT 100%JUICE  <b>Lunch:</b> MEAT(CHILI) WHOLE GRAIN OYSTER CRACKERS WHOLE GRAIN ROLL MIXED FRUIT FRESH FRUIT(9TH-12TH) VARIETY BEANS(CHILI) CARROT COINS COOKED GREEN PEAS	18 <b>Breakfast:</b> WHOLE GRAIN BISCUIT SCRAMBLE EGG LOWFAT SHREDDED CHEESE MIXED FRUIT 100%JUICE  <b>Lunch:</b> GRILLED CHICKEN (SANDWICH) WHOLE GRAIN BUN FRESH APPLE BAKED SWEET POTATO FRIES BROCCOLI COOKED 9-12TH JUICE	19 <b>Breakfast:</b> WHOLE GRAIN CEREAL BOILED EGG ORANGE WEDGES 100%JUICE  <b>Lunch:</b> HOT HAM CHEESE(PITA) WHOLE GRAIN PITA WHOLE GRAIN TORTILLA CHIPS FRESH ORANGE WEDGES PINEAPPLE(9TH-12) BAKED BEANS CELERY STICKS CARROTS	20 <b>Breakfast:</b> WHOLE GRAIN TOAST SCRAMBLED EGGS W/VEGGIES MUSHROOMS RED/GREEN PEPPERS ONIONS 100%JUICE  <b>Lunch:</b> 11:20 out no LUNCH

<p>23</p> <p><b>Breakfast:</b> OATMEAL WHOLE GRAIN GRANOLA BAR RAISINS 100%JUICE</p> <p><b>Lunch:</b> BBQ RIB WHOLE GRAIN GUN FRESH FRUIT BAKED POTATO WEDGES CORN 100%JUICE 4OZ(9TH-12)CARROT STICKS(9TH-12TH)</p>	<p>24</p> <p><b>Breakfast:</b> WHOLE GRAIN CEREAL WHOLE GRAIN BLUEBERRY MUFFINS FRESH FRUIT 100%JUICE</p> <p><b>Lunch:</b> MEAT&amp;CHEESE(TACO WHOLE GRAIN TORTILLA WHOLE GRAIN BROWN RICE PINEAPPLE SALAD(DARKGREEN)EQUIVALENT SHREDDED LETTUCE DICED TOMATO(GARNISH) PEACHES(9TH-12TH)</p>	<p>25</p> <p><b>Breakfast:</b> WHOLE GRAIN WAFFLES PEACHES 100%JUICE</p> <p><b>Lunch:</b> HOT DOG WHOLE GRAIN BUN BAKED CINN APPLES LETTUCE SALAD(DARK GREEN) CARROT STICKS FF RANCH RAISINS(9TH-12TH)</p>	<p>STICKS(9TH-12TH) FF RANCH</p> <p>26</p> <p><b>Breakfast:</b> WHOLE GRAIN CEREAL BOIL EGG ORANGE WEDGES 100%JUICE</p> <p><b>Lunch:</b> FAJITA WHOLE GRAIN TORTILLA WHOLE GRAIN TORTILLA CHIPS FRESH FRUIT REFRIED BEANS PEPPERS/ONIONS SALSA CELERY STICKS</p>	<p>27</p> <p><b>Breakfast:</b> WHOLE GRAIN BREAKFAST MUFFIN PINEAPPLE 100%JUICE</p> <p><b>Lunch:</b> TURKEY &amp; CHEESE (SUB) WHOLE GRAIN BUN) FRESH FRUIT BAKED SWEET POTATO FRIES GREEN BEANS SLICED TOMATOES(9th-12th)</p>
<p>30</p> <p><b>Breakfast:</b> WHOLE GRAIN PANCAKES TURKEY SAUSAGE MIXED FRUIT 100%JUICE</p> <p><b>Lunch:</b> GR.CHICKEN &amp; LF CHEESE(CHEF SALAD) WHOLE GRAIN CROUTONS WHOLE GRAIN SOFT BREAD STICK FRESH APPLE LETTUCE SALAD(DARK GREEN) SHREDDED CARROTS DICED TOMATOES,SLICED CUCUMBERS 100%JUICE 4OZ (9TH-12TH)</p>	<p>1</p> <p><b>Breakfast:</b> WHOLE GRAIN CEREAL WHOLE GRAIN MUFFIN FRESH FRUIT 100%JUICE</p> <p><b>Lunch:</b> CHICKEN NOODLES WHOLE GRAIN ROLL CINN APPLES BAKED FRESH APPLE9TH-12TH GREEN BEANS</p>	<p>2</p> <p><b>Breakfast:</b> WHOLE GRAIN BISCUIT TURKEY SAUSAGE/GRAVY PEACHES 100%JUICE</p> <p><b>Lunch:</b> ASSORTED SANDWICHES WHOLE GRAIN BUN PEACHES FRESH FRUIT(9TH-12TH) POTATO TOTS BAKED CARROT STICKS FF RANCH</p>	<p>3</p> <p><b>Breakfast:</b> WHOLE GRAIN WAFFLES APPLESAUCE 100%JUICE</p> <p><b>Lunch:</b> CHEESE/PEPPERONI PIZZA WHOLE GRAIN CRUST FRESH ORANGE WEDGES GRAPES(9TH-12TH) LETTUCE SALAD(DARK GREEN) CORN FF RANCH</p>	<p>4</p> <p><b>Breakfast:</b> WHOLE GRAIN CEREAL WHOLE GRAIN GRAHAM CRACKERS CINNAMON APPLES 100%JUICE</p> <p><b>Lunch:</b> BAKED CHICKEN TENDERS(MEAT) WHOLE GRAIN BREADING WHOLE GRAIN ROLL (9TH-12TH) CINN APPLESAUCE RAISINS(9TH-12TH) MASHED POTATO GREEN PEAS CARROT COINS COOKED(9TH-12TH)</p>