

# April

**April 1st- April 26th**















































Week #1: 1st - 5th

Week #2: 8th - 12th

Week #3: 15th - 19th

Week #4: 22nd - 26th

## 4TH - 8TH Grade Food Court Menu

Choose <b>THREE OR MORE</b> COLORS for a complete meal. One must be <b>RED</b> or <b>GREEN</b> .						
		meat/meat alternative	grain	vegetable	fruit*	milk
Hot Entrees		Choose from several fruit and veggie choices daily				
<b>BIG Daddy's CHEESE Pizza</b>  						
<b>BIG Daddy's PEPPERONI Pizza</b>						
<b>ANGRY BIRD CHICKEN SANDWICH</b> 						
 <b>CHEESEBURGER PANINI</b> melted american cheese on top seasoned hamburger served hot and pressed on cuban bread.						
<b>MACHO NACHO</b> GROUND BEEF TACO SEASONED, SERVED WITH NACHO CHIPS, CHEESE SAUCE, AND SALSA						
Cold Entrees		Choose from several fruit and veggie choices daily				
 <b>SPICY CHICKEN WRAP</b>						
<b>SOUTHWEST CHICKEN SALAD</b> mojo grilled chicken breast served over a hearty bed of romaine lettuce with black beans, corn, sals, tortilla rounds and chipotle ranch dressing						
 <b>PEANUT BUTTER &amp; JELLY</b> 						
<b>CHICKEN CAESAR SALAD</b> Romaine lettuce, grilled chicken, parmesan cheese, caesar dressing						
<b>Ham &amp; Cheese Sandwich</b>  <b>GRAB &amp; GO</b> ALWAYS FAST ~ ALWAYS FRESH						
Weekly Special		Choose from several fruit and veggie choices daily				
<b>PIZZA CRUNCHERS</b>  Toasted mozzarella crunchers with marinara in every bite! Comes with marinara for dipping						
<b>MACARONI &amp; CHEESE</b> WHOLE GRAIN PASTA SWIMMING IN GOLDEN CREAMY CHEESINESS						
<b>CHICKEN ALFREDO</b>  GRILLED CHICKEN BREAST, HOMEMADE ALFREDO SAUCE OVER PENNE PASTA						
<b>Tater Tot Nachos a.k.a. Tachos</b> Tater Tots smothered with taco seasoned ground beef, cheese sauce & salsa						

Students can choose 1% white milk -or- non-fat chocolate milk (1 cup eq)

\*Some whole fruits count as TWO 1/2 cup servings. For example an average sized apple would be considered TWO 1/2 cup servings in and of itself. At least half of the fruits consumed per day should come from whole fruits (fresh, canned, frozen or dried). Students can choose up to TWO 1/2 cup servings of FRESH or cupped fruit and/or hot or cold vegetables every day

A food component is one of five food groups, in which a minimum of three needs to be selected to make a reimbursable meal. These are protein, grains, vegetables, fruit and fluid milk\*

A food item is a specific food offered within the food components, for example, 2 slices of whole grain-rich bread, 1 cup of grapes, and 1 cup of milk. This meal meets OVS lunch requirements because three food components are selected out of the five food items offered.

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mail:  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
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fax:  
(833) 256-1665 or (202) 690-7442; or  
email:  
Program.Intake@usda.gov

This institution is an equal opportunity provider.



**What Makes A LUNCH**

SELECT 3-5 ITEMS:

one must be a

