

# Whiteford Elementary

## April 2017

### Lunch Menu

Food Service Director: Megan Menchaca, MS, RD, CD  
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#### What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

- Choice of Meat or Meat Alternate
- Choice of Vegetable, Choice of Fruit\*
- Choice of Grain/Bread,
- and Choice of Milk

\*Students must choose at least one fruit or vegetable



#### Fresh Fruits and Vegetables Offered Daily

\*Vegetables may include:

- Broccoli Florets
- Carrots
- Leafy Green Salads
- Legume Salads
- Celery & Cucumber

\*May choose two 1/2 cup servings cup servings

Fresh Produce from Local Farms based on crop availability

\*Fruits may include:

- Crisp Apple
- Sliced Peaches
- Mixed Fruit
- Fresh Orange
- Banana
- Pineapple Tidbits
- Diced Pears
- Applesauce


\*May choose 1/2 cup serving



#### Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry, Fat Free White and Low Fat White

Lunch Prices:  
 Paid \$2.50  
 Reduced \$.40  
 Milk \$.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <b>Popcorn Chicken w/ Roll</b> Mashed Potatoes & Gravy Corn Mandarin Oranges Choice of Milk	4 <b>Wellness Tuesday</b> <b>Beef Soft Tacos</b> Refried Beans Diced Pears Choice of Milk	5 <b>NEW! Munchables–</b> <b>Just like a Lunchable!</b> <b>Ham &amp; Cheese on</b> <b>Crackers, &amp; Sweet Treat</b> Fresh Apple Choice of Milk	6 <b>Spaghetti w/ Meat Sauce &amp;</b> <b>Garlic Breadstick</b> Steamed Broccoli Fresh Apple Choice of Milk	7 <b>Bosco Sticks w/ Marinara</b> Fresh Carrot Sticks Diced Peaches Choice of Milk
10 <b>Grilled Cheese Pocket</b> Steamed Carrots Chilled Applesauce Choice of Milk	11 <b>PIZZA HUT DAY</b> <b>Pepperoni Pizza</b> Applesauce, Carrots & Milk  Ordered in from Pizza Hut  Same price as regular lunch. *Extra slices can be purchased for additional charge. **No Puppy Chow Today	12 <b>NEW! Munchables–</b> <b>Just like a Lunchable!</b> <b>Ham &amp; Cheese on</b> <b>Crackers, &amp; Sweet Treat</b> Fresh Apple Choice of Milk	13 <b>Half Day</b> <b>No Lunch</b>  Join us for Breakfast	14  <b>Spring Break</b> <b>Apr 14-21</b>
17 <b>No School</b>	18 <b>No School</b>	19 <b>No School</b>	20 <b>No School</b>	21 <b>No School</b> <b>See you Monday</b> <b>Apr. 24</b>
24 <b>Bosco Sticks</b> <b>w/ Dipping Sauce</b> Steamed Broccoli Cinnamon Applesauce Choice of Milk	25 <b>Chicken Sticks w/ Roll</b> Mashed Potatoes w/ Gravy Diced Peaches Choice of Milk	26 <b>NEW! Munchables–</b> <b>Just like a Lunchable!</b> <b>Ham &amp; Cheese on</b> <b>Crackers, &amp; Sweet Treat</b> Fresh Apple Choice of Milk	27 <b>Carnival Corn Dog</b> Scalloped Potatoes Fresh Orange Slices Choice of Milk	28 <b>Cheese Pizza</b> Celery Sticks Fresh Apple Choice of Milk
<b>Monday Second Entrée Option:</b> Mini Corn Dogs <b>Brownie \$1</b>	<b>Tuesday Second Entrée Option:</b> Cheeseburger <b>*NEW PUPPY CHOW \$.75</b>	<b>Wednesday Second Entrée Option:</b> Chicken Nuggets w/ Roll <b>Fruit Snacks \$.50</b>	<b>Thursday Second Entrée Option:</b> Chicken Patty on Bun <b>Chips \$.75</b>	<b>Friday Second Entrée Option:</b> Turkey & Cheese Wrap <b>Cupcake \$1</b>