



## EASTHAMPTON ELEMENTARY SCHOOLS: April 2019 MENU

Lunch \$2.65

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Nuggets Sweet Potato Fries Whole Grain Dinner Roll	2 Nachos Shredded Cheddar Cheese Salsa	3 Macaroni and Cheese Steamed Broccoli Whole Grain Dinner Roll	4 French Toast Sausage Patty Tater Tots	5 PIZZA Colorful Tossed Salad Sweet Corn
8 Chicken Drumstick Steamed Broccoli Tater Tots	9 Turkey in Gravy Mashed Potatoes Carrots	10 Soup 'n' Sandwich Grilled Cheese Chicken Noodle Soup	11 Fish Sticks Seasoned Brown Rice Green Beans	12 Classic Cheese Pizza Colorful Tossed Salad Sweet Green Peas
15 Grilled Chicken Sandwich Sweet Corn	16 Hot Dog Baked Beans Potato Wedges	17 French Toast Sausage Patty Tater Tots	18 25-Apr Boneless Chicken Wings Sweet Corn Carrot & Celery Dippers w/ Ranch	19 26-Apr Classic Cheese Pizza Colorful Toassed Salad Sweet Green Peas
22 Popcorn Chicken Green Beans	23 Pasta w/ Meat Sauce Whole Grain Breadstick			
Choose With Any Meal!				
Fresh Cherry Tomatoes Cucumbers Assorted Fresh Fruit Assorted Chilled Fruit	Celery Sticks Corn and Black Bean Salsa Assorted Fresh Fruit Assorted Chilled Fruit	Sliced Cucumbers Carrot Sticks Assorted Fresh Fruit Assorted Chilled Fruit	Fresh Baby Carrots Sliced Cucumbers Assorted Fresh Fruit Assorted Chilled Fruit	Carrot Sticks Sweet Green Peas Assorted Fresh Fruit Assorted Chilled Fruit
Weekly Alternate Meals				
Blueberry Muffin & Goldfish Fun Lunch w/Yogurt Crush Cup, String Cheese	Cereal Fun Lunch: Golden Grahams or Cheerios w/Yogurt Crush Cup, String Cheese	Fresh Garden Salad with Cheese Whole Grain Roll Fresh Fruit	Cold Nachos Fun Lunch: Crispy Tortilla Shell Rounds w/ Shredded Cheddar, Salsa	Blueberry Muffin & Goldfish Fun Lunch w/Yogurt Crush Cup, String Cheese
<p><b>Monthly Food Focus-April's Food Focus is Yogurt!****Yogurt has "good" bacteria called probiotics that help keep our digestive and immune systems healthy.</b></p> <p>Secondary: A full student lunch includes a choice of entrée supplying protein and grain, vegetable side dishes and fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.</p>				