



Intermediate Lunch Menu 2009-2010

April

<p>Taste of the Season LOOK FOR:</p> <p>Fruit Focus: Blueberries</p> <p>Vegetable Focus: Spinach</p>		<p>4/1</p> <p>SPRING BREAK</p>	<p>4/2</p> <p>SPRING BREAK</p>	
<p>4/5 Hot Dog on a Bun Chicken Ranch Wrap</p> <p>Baked Beans Chilled Mixed Fruit Apple</p>	<p>4/6 Chicken Parmesan Pizza Dippers w/Sauce & Roll</p> <p>Seasoned Pasta Mixed Vegetables Diced Peaches Orange</p>	<p>4/7 Beefy Nachos Jr. Ham & Cheese Sub</p> <p>Potato Rounds Berry Applesauce Apple</p>	<p>4/8 Oregano Toasted Cheese Sandwich WG Chicken Nuggets w/Sauce</p> <p>Corn Apple Slices Orange</p>	<p>4/9 Cheeseburger on a Bun WG Chicken Patty on a Bun</p> <p>Green Beans Diced Apricots Apple</p>
<p>4/12 Pizza Dippers w/ Sauce & Roll Chef Salad</p> <p>Cut Green Beans Strawberries Orange</p>	<p>4/13 Hamburger on a Bun BBQ Pork</p> <p>Tossed Salad Cut Corn Fresh Pear Diced Peaches</p>	<p>4/14 Turkey & Gravy Deli Sub Sandwich</p> <p>Cookie Mashed Potatoes Dried Cherries Orange</p>	<p>4/15 Italian Pasta w/Meatsauce & Roll Turkey & Cheese on a Bun</p> <p>Mixed Vegetables Mixed Fruit Apple</p>	<p>4/16 Soft Shell Tacos w/toppings WG Chicken Patty on a Bun</p> <p>Cut Corn Applesauce Apple</p>
<p>4/19 Mini Corn Dogs Ham & Cheese Wrap</p> <p>Cut Green Beans Apple Juice Cup Apple</p>	<p>4/20 Pancakes w/Ham WG Chicken Nuggets w/Sauce</p> <p>Blueberries* Potato Rounds Mixed Fruit Orange</p>	<p>4/21 Chicken Paresnan Chef Salad & Wheat Bread</p> <p>Seasoned Pasta Mixed Vegetable Diced Peaches Fresh Pear</p>	<p>4/22 Soft Shell Tacos w/Toppings Pizza Dippers w/Sauce & Roll EARTH DAY</p> <p>Cut Corn Berry Applesauce Orange</p>	<p>4/23 Tony's Cheese Pizza Deli Sub Sandwich</p> <p>Broccoli Cuts Baked Apple Slices Apple</p>
<p>4/26 WG Chicken Nuggets w/ Sauce & WWB Cheeseburger on a Bun</p> <p>Mashed Potatoes Strawberries Apple</p>	<p>4/27 Hot Dog on a bun Spinach* & Romaine Chef Salad</p> <p>Cut Green Beans Applesauce Orange</p>	<p>4/28 Beefy Nachos Mini Corn Dogs</p> <p>Watermelon* Cut Corn Chilled Mixed Fruit Apple</p>	<p>4/29 Italian Pasta w/Meatsauce & Roll Pizza Dippers w/Sauce & Roll</p> <p>Mixed Vegetables Diced Peaches Apple</p>	<p>4/30</p> <p>NO LUNCH SERVICE</p>

Entrees in bold print are the Primary component of a balanced Choices meal. Balanced Choice Meals are nutrient dense offerings that go beyond nutritional standards set forth by the National School Lunch program. Each meal is designed to meet 1/3 of students' daily requirements for calories, vitamins A & C, calcium and iron and to provide no > 30% of calories, no > 10% calories from saturated fat and no > 1300 mg of sodium.

Daily Offerings include:

Fresh Fruit
Low Fat Milk Choices
Wheat bread

Lunch Prices \$2.30
Extra Entrée \$2.30

Milk \$.40
Adult Lunch \$2.90

FLEXITARIAN DEFINITION:

A Flexitarian is someone who actively incorporates meals with plant based protein into his/her meals in place of meat and other animal proteins but isn't necessarily a vegetarian. By making a slight change in our diet and simply eating one meat-free meal a week, we can make an impact on both our health and the environment.



Menu Subject to Change Without Notice. Questions or Comments? Contact Dining Services At 423-4159 ext 6057

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