



**April 5<sup>th</sup> is National Walking Day. For better health, find ways to add more steps to your day.**



**Menu Information:** Deli Sandwiches, Chef Salad, and Yogurt/Cheese offered Daily. (##) denotes carb counts in serving size for that menu item will include any items that is always served together. Cold Deli Sandwiches served on Sub Bun: Turkey/Cheese or Ham/Cheese or Hoagie (Turkey/Ham/Cheese) Sandwich (30) Chicken Salad (34) or Tuna Salad (30) Chef Salad is served each day w/ Bread & Croutons (29) Yogurt/Cheese is served each day w/ Bread & Granola(47)



### Monday

Pulled Pork on Bun (31) or Chicken & Cheese Flatbread(25) **3**

Seasoned Roasted Carrots(4)

### Tuesday

Chicken Tetrazinni(35) w/HMD Bread (16) or Jeff Roll (32) or **4**

Mixed Vegetables(12)

### Wednesday

HMD Beef Pizza(36) or Roasted Chicken on Bun(33) **5**

Corn (16)

### Thursday

Macho Nacho (7-8) 24) (9-12) 40) or Ham & Cheese Flatbread (28) **6**

Refried Beans (23)

### Friday

Cheesy Fish Patty On Bun (41) or Cheeseburger on Bun (33) **7**

(Green Peas 11)

Chicken Fajita Flatbread(25) or Ham & Cheese Wrap (25) **10**

Refried Beans (23)

Jeff Rib on Bun (38) or Chicken & Cheese Wrap(24) **11**

Tater Tots (20)

Mandarin Orange Chicken(23) w/Seasoned Rice(24) & Egg Roll (22) or Hamburger on Bun (33) **12**

Fresh Veggies

Spaghetti Sauce (10) w/Rotini(42) & Breadstick (17)or Roasted Chicken on Bun (33) **13**

Green Beans(4)  
Brownie (16)

**NO SCHOOL**  **14**

**NO SCHOOL** **17**

Cheesy Chicken & Rotini(26) w/HMD Bread(16)or Hamburger on Bun (33) **18**

Broccoli (5)

Taco Soup (25) w/Cornbread(22) & Tortilla Chips(19) or Jeff Rib on Bun(38) **19**

Fresh Veggies

Blue Valley Brand Hot Dog on Bun (25) or Chicken & Cheese Flatbread (25) **20**

Baked Beans (29)

**NO SCHOOL**  **21**

Chicken Strips(7-8) 16) (9-12) 21) w/Breadstick (17) & CousCous(7-8) 11)(9-12) 22) or Hamburger on Bun (33) **24**

Glazed Carrots (8)

Meatball Sub (38) or Jeff Roll (32) **25**

Sweet Potato Tots (23)

Stuffed Crust Cheese Pizza(35) or Jeff Rib on Bun (38) **26**

Corn (16)

Sausage Patty (0) w/Waffle Sticks(27) & Syrup(30) or Roasted Chicken on Bun (33) **27**

Hash Brown Patties (24)

Pizzawich (34) or Cheeseburger on Bun (33) **28**

Fresh Veggies

Jr-Sr High Lunch Price \$2.85  
Extra Entrée \$2.00  
Side of Fruit or Vegetable \$ .50  
Chips or Cereal Bar \$.75  
Extra Milk \$ .40



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