

**APRIL HIGH SCHOOL MENU**

MONDAY 4/1	TUESDAY 4/2	WEDNESDAY 4/3	THURSDAY 4/4	FRIDAY 4/5
<p>Chicken Fajitas with Peppers and Onions Corn Dogs with Honey Mustard Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Spanish Rice Refried Beans Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Oven Roasted Carved Turkey with Stuffing and Gravy Grilled Cheese on Texas Toast Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Seasoned Mashed Potatoes Green Beans Fresh Hand Fruit and Mixed Grapes 1% Milk or FF Chocolate Milk</p>	<p>Whole Grain Fish Sticks with Tarter Sauce Meatball Sub on a Whole Grain Roll Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Cole Slaw Crispy Spiral Fries Fresh Hand Fruit and Apple Sauce 1% Milk or FF Chocolate Milk</p>	<p>Beef Shepard's Pie Honey Mustard Chicken Sandwich with Lettuce and Tomato Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Rice Pilaf, Steamed Mixed Vegetables Fresh Hand Fruit and Diced Peaches 1% Milk or FF Chocolate Milk</p>	<p>Hawaiian or Cheese Whole Grain Pizza with Homemade Sauce Tuna Melt Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Tossed Salad with Low Fat Dressing, Roasted Potato and Vegetable Medley Fresh Hand Fruit and Pears 1% Milk or FF Chocolate Milk</p>
MONDAY 4/8	TUESDAY 4/9	WEDNESDAY 4/10	THURSDAY 4/11	FRIDAY 4/12
<p>Chicken Pot Pie Pulled Barbecue Chicken on a Whole Grain Roll Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Steamed Broccoli Baked Sweet Potatoes Fresh Hand Fruit and Apple Sauce 1% Milk or FF Chocolate Milk</p>	<p>Seafood Paella Sloppy Joe Sandwich on a Whole Grain Roll Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Oven Roasted Marinated Vegetables Yellow Rice Fresh Hand Fruit and Mixed Grapes 1% Milk or FF Chocolate Milk</p>	<p>Beef Lasagna with Marinara Sauce and a Whole Grain Roll Chicken Cheese Steak Sub on a Whole Grain Roll Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Steamed Mixed Vegetables Garlic Breadsticks Fresh Hand Fruit and Apple Sauce 1% Milk or FF Chocolate Milk</p>	<p>Salisbury Steak and Gravy with Roasted Local, Organic Mushrooms Mozzarella Sticks with Marinara Dipping Sauce Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Rice Pilaf Mixed Vegetables Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Meat Lovers Pizza or Cheese Whole Grain Pizza with Homemade Sauce Fish Sandwich on a Whole Grain Bun topped with American Cheese and Old Bay Cole Slaw Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Chef Salad, Steamed Green Beans Fresh Hand Fruit, Fresh Fruit Salad 1% Milk or FF Chocolate Milk</p>
MONDAY 4/15	TUESDAY 4/16	WEDNESDAY 4/17	THURSDAY 4/18	FRIDAY 4/19
<p>Spaghetti and Meatballs with Whole Grain Pasta and Marinara Eggplant Parmesan Panini Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Steamed Broccoli Classic Caesar Salad Fresh Hand Fruit and Fresh Cantaloupe 1% Milk or FF Chocolate Milk</p>	<p>Marinated Sliced Flank Steak with Mushroom Gravy Baked Macaroni and Cheese Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Southern Greens Scalloped Potatoes Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Baked Chicken Nuggets with Dipping Sauce Grilled Burger with Cheese on a Whole Grain Bun Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Baked Spiral Fries Buttered Corn Fresh Hand Fruit and Diced Pears 1% Milk or FF Chocolate Milk</p>	<p>Barbecue Chicken Loaded Hot Dogs on a Whole Grain Bun Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Baked Beans Vegetable Medley Fresh Hand Fruit and Fresh Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p><b>Spring Break No School</b></p>
MONDAY 4/22	TUESDAY 4/23	WEDNESDAY 4/24	THURSDAY 4/25	FRIDAY 4/26
<p><b>Spring Break No School</b></p>	<p><b>Spring Break No School</b></p>	<p><b>Spring Break No School</b></p>	<p>Oven Fried Chicken and Waffles with Sugar Free Syrup Grilled Cheese on Texas Toast Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Green Bean Casserole Cheesy Grits Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Barbecue Chicken or Cheese Whole Grain Pizza with Homemade Sauce Cajun Shrimp Mac and Cheese Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Spinach Salad, Steamed Broccoli Fresh Hand Fruit, Fresh Fruit Salad 1% Milk or FF Chocolate Milk</p>
MONDAY 4/29	TUESDAY 4/30	WEDNESDAY 5/1	THURSDAY 5/2	FRIDAY 5/3
<p>Whole Grain Waffles with Scrambled Eggs and Turkey Sausage Grilled Cheeseburger on a Whole Grain Bun Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Hash Browns Baked Apples in Cinnamon Fresh Hand Fruit and Mixed Grapes 1% Milk or FF Chocolate Milk</p>	<p>Ground Beef Hard Tacos with Lettuce, Tomato, and Shredded Cheese Veggie Quesadilla with Sour Cream and Salsa Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Refried Beans, Spanish Rice Fresh Hand Fruit and Mixed Grapes 1% Milk or FF Chocolate Milk</p>	<p>Baked Chicken Wings with Dipping Sauces Philly Cheese Steak Sub Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Onion Rings, Buttered Corn on the Cob, Carrots and Celery Sticks Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Barbecue Baby back Ribs Corn Dogs with Honey Mustard Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Baked Sweet Potato Fries Steamed Mixed Vegetables Fresh Hand Fruit and Fresh Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Pepperoni or Cheese Whole Grain Pizza with Homemade Sauce Teriyaki Chicken and Grilled Pineapple Sandwich on a Whole Grain Roll Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Watermelon Feta and Spinach Salad Steamed Vegetable Medley Fresh Hand Fruit, Fresh Fruit Salad 1% Milk or FF Chocolate Milk</p>