

APRIL HIGH SCHOOL and L.E.A.P MENU

MONDAY 4/5	TUESDAY 4/6	WEDNESDAY 4/7	THURSDAY 4/8	FRIDAY 4/9
Virtual Classes Only	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: <b>NA</b></p> <p>Sandwich Option #1: Turkey Club on a Kaiser Roll with Lettuce, Tomato, Bacon, American Cheese. Sandwich Option #2: <b>NA</b></p> <p>Salad Option #1: Chef Salad with a Whole Grain Roll Salad Option #2: <b>NA</b></p> <p>Today's Sides: California Blend Vegetables, Baked Tater Tots</p> <p>Today's Fruit: Apple Sauce</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: <b>NA</b></p> <p>Sandwich Option #1: Turkey Club on a Kaiser Roll with Lettuce, Tomato, Bacon, American Cheese. Sandwich Option #2: <b>NA</b></p> <p>Salad Option #1: Chef Salad with a Whole Grain Roll Salad Option #2: <b>NA</b></p> <p>Today's Sides: California Blend Vegetables, Baked Tater Tots</p> <p>Today's Fruit: Apple Sauce</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	Virtual Classes Only	Virtual Classes Only
MONDAY 4/12 National Grilled Cheese Day	TUESDAY 4/13 National Peach Cobbler Day	WEDNESDAY 4/14	THURSDAY 4/15	FRIDAY 4/16 National Eggs Benedict Day
<p>Lunch Option #1: Baked Chicken Wings with Ranch, Celery Sticks, and Carrots Lunch Option #2: <b>NA</b></p> <p>Sandwich Option #1: Grilled Cheese on Texas Toast Sandwich Option #2: <b>NA</b></p> <p>Salad Option #1: Garden Salad with Tuna and a Whole Grain Roll Salad Option #2: <b>NA</b></p> <p>Today's Sides: Corn on the Cob, Tater Tots</p> <p>Today's Fruit: Apple Slices</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Ground Beef Soft Tacos with Lettuce, Tomatoes and Cheese, Mild Salsa, and Sour Cream Lunch Option #2: <b>NA</b></p> <p>Sandwich Option #1: Monte Cristo Sandwich (ham and cheese on egg dipped Texas toast) Sandwich Option #2: <b>NA</b></p> <p>Salad Option #1: Roasted Chicken Cob Salad Salad Option #2: <b>NA</b></p> <p>Today's Sides: Refried Beans, Spanish Rice,</p> <p>Today's Fruit: Peach Cobbler</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	Virtual Classes Only	<p>Lunch Option #1: Whole Grain Pancakes with Fried Eggs Maple Syrup Lunch Option #2: <b>NA</b></p> <p>Sandwich Option #1: Tuna Melt on Whole Grain Bread Sandwich Option #2: <b>NA</b></p> <p>Salad Option #1: Beef Taco Salad on a Crispy Flour Tortilla Salad Option #2: <b>NA</b></p> <p>Today's Sides: Home fries, Key Largo Vegetables</p> <p>Today's Fruit: Tropical Fruit Salad</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: House Made Cheese Pizza Lunch Option #2: <b>NA</b></p> <p>Sandwich Option #1: Fried Eggs Benedict over Whole Grain English Muffins, Canadian Bacon, Hollandaise Sauce Sandwich Option #2: <b>NA</b></p> <p>Salad Option #1: Turkey Caesar Salad with a Whole Grain Roll Salad Option #2: <b>NA</b></p> <p>Today's Sides: Carrot Sticks with Ranch Dipping Sauce, Fire Roasted Corn and Peppers</p> <p>Today's Fruit: Fresh Grapes</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>
MONDAY 4/19	TUESDAY 4/20	WEDNESDAY 4/21	THURSDAY 4/22 Earth Day	FRIDAY 4/23
<p>Lunch Option #1: Spaghetti and Meatballs with Marinara and Garlic Bread Lunch Option #2: <b>NA</b></p> <p>Sandwich Option #1: Turkey and Swiss on a Pretzel Roll with Lettuce, Tomato, and Breaded Avocado Slices Sandwich Option #2: <b>NA</b></p> <p>Salad Option #1: Chicken Salad Garden Salad with a Whole Grain Roll Salad Option #2: <b>NA</b></p> <p>Today's Sides: Steamed Broccoli, Honey Glazed Carrots</p> <p>Today's Fruit: Fresh Strawberries</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: House Made Cheese Pizza Lunch Option #2: <b>NA</b></p> <p>Sandwich Option #1: Roast Beef Swiss on a Pretzel Roll with Lettuce, Tomato, and Chipotle Mayo Sandwich Option #2: <b>NA</b></p> <p>Salad Option #1: Turkey Caesar Salad with a Whole Grain Roll Salad Option #2: <b>NA</b></p> <p>Today's Sides: Carrot Sticks with Ranch Dipping Sauce, Potato Salad</p> <p>Today's Fruit: Tropical Fruit Salad</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	Virtual Classes Only	<p>Lunch Option #1: Cheeseburger on a Whole Grain Bun with Ketchup, Mustard and Pickles Lunch Option #2: <b>NA</b></p> <p>Sandwich Option #1: Grilled Veggie Burger on a Whole Grain Bun with Ketchup, Mustard, Pickles, Lettuce and Tomato Sandwich Option #2: <b>NA</b></p> <p>Salad Option #1: Chicken Caesar Salad with a Whole Grain Roll Salad Option #2: <b>NA</b></p> <p>Today's Sides: Breaded Onion Rings with Ranch, Carrot Sticks</p> <p>Today's Fruit: Tropical Fruit Salad</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Ground Beef Soft Tacos with Lettuce, Tomatoes and Cheese, Mild Salsa, and Sour Cream Lunch Option #2: <b>NA</b></p> <p>Sandwich Option #1: Chicken Salad Sandwich on a Pretzel Bun with Lettuce and Tomato Sandwich Option #2: <b>NA</b></p> <p>Salad Option #1: Southwest Vegetable Salad (black beans, corn, roasted red peppers, green peppers, onions, fried avocado slices) Salad Option #2: <b>NA</b></p> <p>Today's Sides: Spanish Rice, Refried Beans</p> <p>Today's Fruit: Apple Sauce</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>
MONDAY 4/26 National Pretzel Day	TUESDAY 4/27	WEDNESDAY 4/28	THURSDAY 4/29 National Shrimp Scampi Day	FRIDAY 4/30 National Raisin Day
<p>Lunch Option #1: Cheese Lasagna with Garlic Parmesan Soft Pretzel Lunch Option #2: <b>NA</b></p> <p>Sandwich Option #1: Chicken Parmesan Sub on a Pretzel Bun Sandwich Option #2: <b>NA</b></p> <p>Salad Option #1: Antipasto Garden Salad with a Garlic Parmesan Soft Pretzel Salad Option #2: <b>NA</b></p> <p>Today's Sides: Steamed Broccoli, Parmesan Risotto</p> <p>Today's Fruit: Tropical Fruit Salad</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Chicken Fajitas with Sour Cream, Salsa, Peppers and Onions, and Cheddar Cheese Lunch Option #2: <b>NA</b></p> <p>Sandwich Option #1: Turkey and Cheese on Whole Grain with Lettuce, Tomato and Pickles. Sandwich Option #2: <b>NA</b></p> <p>Salad Option #1: Barbecue Crispy Chicken Caesar with a Whole Grain Roll Salad Option #2: <b>NA</b></p> <p>Today's Sides: Spanish Rice, Refried Beans</p> <p>Today's Fruit: Diced Peaches</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	Virtual Classes Only	<p>Lunch Option #1: Shrimp Scampi over Linguini with Garlic Breadstick Lunch Option #2: <b>NA</b></p> <p>Sandwich Option #1: Italian Cold Cut Sub with Lettuce and Tomato Sandwich Option #2: <b>NA</b></p> <p>Salad Option #1: Fiesta Chicken Salad over a Crispy Flour Tortilla Salad Option #2: <b>NA</b></p> <p>Today's Sides: Steamed Green Beans, Oven Roasted Local Sweet Potatoes</p> <p>Today's Fruit: Diced Peaches</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: House Made Cheese Pizza Lunch Option #2: <b>NA</b></p> <p>Sandwich Option #1: Roast Beef Swiss on a Pretzel Roll with Lettuce, Tomato, and Chipotle Mayo Sandwich Option #2: <b>NA</b></p> <p>Salad Option #1: Turkey Caesar Salad with a Whole Grain Roll Salad Option #2: <b>NA</b></p> <p>Today's Sides: Carrot Sticks with Ranch Dipping Sauce, Potato Salad</p> <p>Today's Fruit: Tropical Fruit Salad</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>