

Lunch Menu for all RSD 14 Elementary Schools Lunch Price \$2.70

Milk Price - \$.50

April 2019

Fueling Our Students Daily

Monday thru Friday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Alternate Lunches Bagel & Yogurt or String Cheese Plate Cereal & Yogurt or String Cheese Plate Chef Salad Plater Deli Bar Veggie Tray or Corn & Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p> <p>All lunches are served with a choice of fruit, vegetable, corn & bean salad and Milk-- 1%, Skim or fat free flavored Take at least 3 food groups for a healthy meal: Fruit or Vegetable or both Whole Grain Food Lean Protein Dairy</p>	<p>[1] Chicken Patty on a bun Steamed Broccoli Cuts Potato Puffs</p> <p>Veggie Tray or Corn & Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[2] Italian Comb Platter 4 Mozzarella Sticks 3 Breaded Ravioli Sauce Blended Calif Veggies</p> <p>Veggie Tray or Corn & Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[3] Brunch for Lunch Whole Wheat French Toast Sticks Hash Brown Potatoes Sausage Links</p> <p>Veggie Tray or Corn & Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[4] "BOAR'S HEAD Deli DAY" Deli meats with assorted toppings Garden Salad</p> <p>Veggie Tray or Corn & Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[5] Pizza Romaine Lettuce Salad</p> <p>Veggie Tray or Corn & Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>
	<p>[8] Chicken Tenders Garden Salad Pico De Gallo Salsa</p> <p>Veggie Tray or Corn & Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[9] Hamb or Cheeseburger on a bun Steamed Sweet Corn Sweet Potato Fries L&T</p> <p>Veggie Tray or Corn & Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[10] Nachos & Tortilla Chips Garden Salad</p> <p>Veggie Tray or Corn & Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[11] "BOAR'S HEAD Deli DAY" Deli meats with assorted toppings Garden Salad</p> <p>Veggie Tray or Corn & Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[12] Stuffed Crust Pizza Romaine Lettuce Salad</p> <p>Veggie Tray or Corn & Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>
<p>A La Carte Entrée: \$2.50 A La Carte Fruit & Veg: \$0.75 Bottle Water \$0.50 Fruit Juice: \$0.50 Ice Cream \$0.80 - \$2.00 Snack Items: \$0.50 - \$2.00 Chips, ice cream or frozen fruit bars</p>	<p>[15] No School April Recess</p>	<p>[16] No School April Recess</p>	<p>[17] No School April Recess</p>	<p>[18] No School April Recess</p>	<p>[19] No School April Recess</p>
<p>Breakfast is now being served Mon-Fri</p> <p>The Food Service Department is looking for substitute help in our Cafeterias. Please contact Peter Brooks at 203-263-3190</p>	<p>[22] Mozzarella Sticks with Sauce Romaine Salad</p> <p>Veggie Tray or Corn & Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[23] Baked Chicken Tenders with whole wheat dinner roll Mashed Potatoes Steamed Mixed Veggies</p> <p>Veggie Tray or Corn & Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[24] Manager's Choice</p> <p>Veggie Tray or Corn & Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[25] "BOAR'S HEAD Deli DAY" Deli meats with assorted toppings Garden Salad</p> <p>Veggie Tray or Corn & Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[26] 5" Round Pizza Romaine Lettuce Salad</p> <p>Veggie Tray or Corn & Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>
	<p>[29] Hot Dog on a roll Curly Fries Steamed Green Beans</p> <p>Veggie Tray or Corn & Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[30] Mac & Cheese Steamed Broccoli</p> <p>Veggie Tray or Corn & Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>			

Menu Subject to Change without Prior Notice

This institution is an equal opportunity provider

