



## APRIL 2017: J.H.S. & Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>CHICKEN DELIGHTS</b>	<b>BURGER BASH</b>	<b>CULINARY</b>	<b>NEW YORK</b>	<b>PIZZA PARTY</b>
3	4	5	New York Thursday 6	7
<b>Popcorn Chicken</b> Dipping Sauce Cup  <b>Macaroni and Cheese</b>  <u>Eat Your Colors</u> Cold Bean Salad  <u>Salad Bar</u> Broccoli and Cranberry Salad	<b>100% Beef Chipotle Cheeseburger</b> Deluxe Toppings  <b>Fish &amp; Cheese Sandwich</b>  <u>Eat Your Colors</u> Seasoned Wedge Fries  <u>Salad Bar</u> Caesar Salad	<b>Mozzarella Stick</b> Marinara Sauce  <b>Toasty Bread Stick</b>  <u>Eat Your Colors</u> Garlicky Green Beans  <u>Salad Bar</u> Celery & Apple Salad	<b>Jamaican Patty</b> Frito-Lay® SunChips®  <b>Spinach &amp; Cheese Ravioli</b>  <u>Eat Your Colors</u> Sweet Potato Waffle Fries  <u>Salad Bar</u> Ranch Carrot Snacker <b>Apple Slices</b>	<b>Classic Cheese Flatbread Pizza</b>   <u>Eat Your Colors</u> Green Garden Salad  <u>Salad Bar</u> Confetti Corn Salad
10	11	12	13	14
<b>Popcorn Chicken</b> Dipping Sauce Cup  Dinner Roll  <u>Eat Your Colors</u> Brooklyn Baked Beans  <u>Salad Bar</u> Greek Zucchini Salad	<b>Turkey Burger</b> Deluxe Toppings  <u>Eat Your Colors</u> French Fries  <u>Salad Bar</u> Marinated Vegetable Salad	<b>Cheesy Beef Tacos</b> With Fresh Toppings Taco Sauce Brown Rice  <u>Eat Your Colors</u> Sweet Plantains <b>Roasted Zucchini</b>  <u>Salad Bar</u> Sliced Cucumbers	<b>Italian Hero</b>   <u>Eat Your Colors</u> Sweet Potato Wedges  <u>Salad Bar</u> Spring Mix Salad <b>Champlain Valley NY Apple Slices</b>	<b>Mozzarella Sticks</b> Marinara Sauce  <b>Mozzarella Sticks</b> Marinara Sauce  <u>Eat Your Colors</u> Super Hero Spinach <u>Salad Bar</u> Carrot & Lemon Salad
17	18	19	New York Thursday 20	21
<b>Popcorn Chicken</b> Dipping Sauce Cup  Toasty Breadstick  <u>Eat Your Colors</u> Sweet Potato Wedges  <u>Salad Bar</u> Marinated Green Beans	<b>Fish &amp; Cheese Sandwich</b> Deluxe Toppings  <u>Eat Your Colors</u> Chick Pea Salad  <u>Salad Bar</u> Ranch Carrot Snacker	<b>Teriyaki Chicken Sliders</b> <b>Sriracha Chicken Sliders</b>  <b>100% Beef &amp; Cheeseburger Sliders</b> Deluxe Toppings  <u>Eat Your Colors</u> <b>Egg Roll</b> With Duck sauce <u>Salad Bar</u> Asian Slaw	<b>Steak and Cheese Empanada</b>   <b>Cookie Treat</b>  <u>Eat Your Colors</u> French Fries  <u>Salad Bar</u> <b>Black Bean Salad NY Apples</b>	<b>Classic Cheese Flatbread Pizza</b>  <b>"Macaroni-and-Trees"</b> Toasty Bread Stick  <u>Eat Your Colors</u> <b>Kale Salad</b>  <u>Salad Bar</u> Spinach, Tomato & Roasted Red Pepper Salad
24	25	26	New York Thursday 27	28
<b>Crispy Chicken Parmigiana Hero</b>   <u>Eat Your Colors</u> Italian Chickpeas  <u>Salad Bar</u> Italian Classico Salad	<b>100% Grass Fed Beef Cheeseburger</b> Deluxe Toppings  <b>Turkey Burger</b> Deluxe Toppings <u>Eat Your Colors</u> Sweet Potato Wedges <u>Salad Bar</u> Marinated Vegetable Salad <b>New York Apple Slices</b>	<b>Steamed Chicken Dumplings</b> with Asian Dipping Sauce  Vegetable Fried Rice  <u>Eat Your Colors</u> Vegetable Stir Fry  <u>Salad Bar</u> Spring Mix Salad	<b>Chicken Cordon Bleu on NY Hero Roll</b>   <u>Eat Your Colors</u> Sweet Plantains  <u>Salad Bar</u> Caesar Salad <b>Champlain Valley NY Apple Slices</b>	<b>Mozzarella Sticks</b> Marinara Sauce  <u>Eat Your Colors</u> Green Garden Salad  <u>Salad Bar</u> Greek Zucchini Salad

**EVERY KID HEALTHY**™  
April 24-28 is Every Kid Healthy week



EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD

Offered Daily: Milk (1% low fat, fat free & fat free chocolate), Fresh Fruit, Canned Fruit, PB&J, and Cheese Sandwiches, Hummus & Whole Wheat Crackers (8 packs) or Pretzel Grab & Go  
 Flavor Station(on Pizza and Pasta days): Granulated Garlic, Red Pepper Flakes, Parmesan Cheese, Oregano  
 Dipping Sauce Cups: BBQ, Honey Mustard, Ranch  
 Condiments: Ketchup, Mustard, Mayonnaise, Hot Sauce  
 Dressings: Asian Sesame, Balsamic Vinaigrette, Caesar, Chipotle Ranch, Ranch, French, Honey Mustard, Italian Vinaigrette

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MENUS ARE SUBJECT TO CHANGE