

APRIL CENTERVILLE

Milk, Chef Salad, and a Grab N' Go will be offered with every meal.

Do You Have a Nutrient Rich Diet?

If you are eating at your school cafeteria you do! See below to learn about a few of the essential nutrients being served in your lunch today.

- Fiber- plays an essential role in your digestive, heart, and skin health
 - » Pinto Beans
 - » Apples
- Potassium- helps keep kidneys healthy and prevent muscle cramps
 - » Broccoli
 - » Potatoes
- Vitamin A- keeps eyes and skin healthy and helps protect against infections
 - » Carrots
 - » Romaine Lettuce
- Vitamin C- helps heals cuts and wounds and keeps teeth and gums healthy
 - » Strawberries
 - » Green Beans



Monday	Tuesday	Wednesday	Thursday	Friday
1 ENJOY YOUR DAY OFF!	2 Tacos Pinto Beans Spanish Rice Homemade Salsa Lettuce & Tomato Apple Slices	3 Smothered Steaks or Chicken Nuggets with Hot Roll Mashed Potatoes Glazed Carrots Cinnamon Apple Sauce	4 Cheese Burger or Chicken Sandwich Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Fruit	5 ENJOY YOUR DAY OFF!
8 Baked Ziti with Garlic Toast or Choice of Pizza Seasoned Vegetables Garden Salad Fruit Dessert	9 Quesadillas or Crisпитos Pinto Beans Garden Fresh Salad Spanish Rice Homemade Salsa Fruit Cup	10 Chicken & Waffles or Chicken Strips with Hot Roll Mashed Potatoes Glazed Carrots Fruit Salad	11 Breakfast for Lunch Pancakes with Sausage or Sub Sandwich Emoji Fries Tropical Trio Slush Berries & Cream	12 ENJOY YOUR DAY OFF!
15 Spaghetti with Garlic Toast or Choice of Pizza Seasoned Vegetables Garden Salad Fruit Dessert	16 Nachos Pinto Beans Garden Fresh Salad Spanish Rice Homemade Salsa Fruit Cup	17 Asian Bowl with Fried Rice or Popcorn Chicken Steamed Baby Carrots Seasoned Vegetables Fruit Salad	18 BBQ Sub or Hot Dog Basket with Fries Lettuce, Pickles, Tomatoes Fresh Fruit	19 Manager's Choice
22 Lasagna with Breadstick or Choice of Pizza Seasoned Vegetables Garden Salad Fruit Cup	23 Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Pineapple	24 Chicken Fried Steak or Boneless Wings Hot Roll Mashed Potatoes Seasoned Green Beans Fresh Fruit	25 Stuffed Baked Potato with Hot Roll or Corn Dog Broccoli w/ Cheese Tossed Salad Fruit Cup	29 Manager's Choice

An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Week of 4/1 & 4/15	French Toast Sticks	Eggs & Bacon w/ Toast	Oatmeal w/ Fruit & Toast	Breakfast Tacos	Biscuits & Gravy
Week of 4/8 & 4/22	Pancakes	Eggs & Sausage w/ Toast	Breakfast Pizza	Breakfast Sandwich	Muffin & Yogurt