

April 2019

ST. ELIZABETH R-4

LUNCH



CHOCOLATE AND WHITE MILK ARE SERVED DAILY. CHOICE OF SALAD BAR IS AVAILABLE TO GRADES 3-12. MENUS ARE SUBJECT TO CHANGE..



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

SLOPPY JOE ON BUN
GREEN BEANS
APPLESAUCE
RICE KRISPY TREATS

1

Tuesday

CHEESEBURGER ON BUN
BAKED BEANS
CARROT STICKS
PEARS

2

Wednesday

SAUSAGE GRAVY
BISCUITS
ORANGES
HASHBROWNS
BROCCOLI

3

Thursday

CHICKEN PATTY
BROCCOLI AND RICE
FRUIT SALAD
CARROT STICKS
BREAD

4

Friday

CHEESE PIZZA
SALAD
PEACHES
COOKIE

5

FRITO PIE
ORANGES
BROWNIE
FRESH VEGETABLES

8

HOT DOG ON BUN
MACAROINI AND CHEESE
FRESH FRUIT
SALAD

9

SPAGETTI
BREAD STICKS
CORN
FRUIT SALAD

10

COUNTRY FRIED STEAK
MASHED POTATOES
SALAD
PEARS
BREAD

11

VEGETABLE SOUP
GRILLED CHEESE
PEACHES
PUDDING

12

DELI WRAP
TATOR TOTS
PEACHES
NO BAKE COOKIE

15

NACHO AND DIP
CORN
YOGURT
PINEAPPLE

16

LASAGNA
SALAD
ROLLS
YOGURT
FRESH FRUIT

17

HOT HAM AND CHEESE
SPAGHETTI AND SAUCE
FRUIT JUICE
CARROT STICKS

18

NO SCHOOL TODAY

19

NO SCHOOL TODAY

22

CORN DOG
BAKED BEANS
SALAD
PEACHES

23

CHEESEBURGER
FRENCH FRIES
PINEAPPLE
BROCCOLI

24

TACOS
CORN
PEACHES
RICE KRISPY TREATS

25

CHICKEN FAJITAS
MEXICAN RICE
PEACHES
REFRIED BEANS

26

SAUSAGE PATTY
CINNAMON ROLLS
HASH BROWNS
FRUIT JUICE
CARROT STICKS

29

PIZZA
SALAD
PEACHES
PUDDING DESSERT

30

