

| | 0 🔎 i j | | 1 0 V | 19 - 19 - 19 - 19 - 19 - 19 - 19 - 19 - | | |
|----------|---|---|--|--|---|---|
| | Monday, April 15 | Tuesday, April 16 | Wednesday, April 17 | Thursday, April 18 | Friday, April 19 | nsylu |
| | <u>Day 3</u> | Day 4 | <u>Day 5</u> | <u>Day 6</u> | Day I | Ochilis a veni |
| | Crazy Dipper Day! | Mrs. T's Mini Pierogies | Cheeseburger or | Turkey & Cheese | French Bread Pizza | |
| | (Chicken Tenders, Br. | w/ fresh roll | Hamburger w/ lettuce, tomato & pickles | Hoagie w/ lettuce & | w/wo pepperoni | Har and the second s |
| | Mozz Sticks & garlic breadstick) w/ | Steamed Broccoli Florets Fresh Veggie Pasta Salad | (Impossible burger avail) | tomato Mixed Veggies | Green Beans | 2 Car A |
| | marinara dipping sauce | | French Fries | Lay's Potato Chips | Fresh Veggie Pasta Salad | e of the |
| | Carrot Coins | Choose 3 Sides: Feature Veg or | Spring Cookie | Fresh Veggie Pasta Salad | Choose 3 Sides: Feature Veg or | PA Harvest of the Month – |
| • | Choose 3 Sides: Feature Veg or | Salad, Daily Fruit, Cold Veggie & | Fresh Veggie Pasta Salad Choose 3 Sides: Feature Veg or | Choose 3 Sides: Feature Veg or | Salad, Daily Fruit, Cold Veggie & | April is Leafy Greens Month |
| • | Salad, Daily Fruit, Cold Veggie & Juice Selection | Juice Selection | Salad, Daily Fruit, Cold Veggie & | Salad, Daily Fruit, Cold Veggie & Juice Selection | Juice Selection | Did you know?: |
| | Choice of Milk | Choice of Milk | Juice Selection /Milk | Choice of Milk | Choice of Milk | |
| <u>د</u> | | | Breakfast: "Orange Julius" | | | -Some examples of leafy green veg- |
| | Breakfast: Dutch Waffle w/ | Breakfast: Egg Sandwich | Smoothie w/ WG Cinnamon Graham Bites | Breakfast: Egg Sandwich on | Breakfast: Fresh Donut | gies include spinach, Swiss chard, kale and lots of different types of |
| 3 | syrup | on Bagel | WO CIIIIanion Granam Dites | Bagel or Croissant | | lettuces. |
| | | | | | | -They are super rich in nutrients in- |
|) (| Monday, April 22 | Tuesday, April 23 | Wednesday, April 24 | Thursday, April 25 | Friday, April 26 | cluding vitamin A&C, folate, iron |
| | Day 2 Earth Day | | Day 3 | Day 4 | Day 5 | and potassium |
| 9 | Meatless Monday: | NO SCHOOL | Pizza Hut Pizza Slice | Popcorn Chicken Bowl: | Mini Corn Dogs w/ cheese | -Lots of different leafy greens are |
| 0 | Macaroni & Cheese w/ | | (Cheese or Pepperoni) | Crispy Popcorn Chicken w/ whipped potatoes, gravy, | sauce/dipping sauces or Baked Potato w/ cheese | harvested in PA in April/May and |
| e. | garlic breadstick Steamed Broccoli Florets | ELECTION DAY | Carrot Coins Homemade Apple Crist | sweet corn, shredded cheese | sauce & string cheese | can be found in local |
| â | Strawberry Spinach Salad w/ | ELECTION DAT | Homemade Apple Crisp Strawberry Spinach Salad w/ | & warm biscuit | Curly Fries | farmer's markets. |
| | feta & raspberry dressing | | feta & raspberry dressing | Strawberry Spinach Salad w/ feta & raspberry dressing | Strawberry Spinach Salad w/ | -Check out our Strawberry Spinach |
| ¢. | Choose 3 Sides: Feature Veg or | | Choose 3 Sides: Feature Veg or | Choose 3 Sides: Feature Veg or | feta & raspberry dressing Choose 3 Sides: Feature Veg or | Salad in April!! |
| 2 | Salad, Daily Fruit, Cold Veggie & | | Salad, Daily Fruit, Cold Veggie & | Salad, Daily Fruit, Cold Veggie & | Salad, Daily Fruit, Cold Veggie & | |
| | Juice Selection Choice of Milk | | Juice Selection Choice of Milk | Juice Selection | Juice Selection | *NHSD proudly serves local |
| | | | choice of thirk | Choice of Milk | Choice of Milk | products |
| 0 | Breakfast: Pancake/Sausage on | | Breakfast: Warm Bagel | Breakfast: Egg Sandwich on | Breakfast: French Toast Sticks | whenever possible! |
| • | a Stick | | Assortment w/ toppings | Bagel or Croissant | w/ syrup | |
| 0 | | | | | | |
| • | Monday, April 29 | Tuesday, April 30 | | | , . | |
| | Day 6 | Day I | | • • • • • • • • • • • • • • • • • • • | | |
| 9 | Teriyaki Beef Dippers w/ Rice | Crispy Chicken Club Sandwich w/ bacon, | | | | |
| | Steamed Broccoli Florets | cheese, lettuce & | - 1 - M | | | |
| | Mini Egg Roll | tomato | | | | Breakfast Lunch |
| | | Tater Tots | | | | |
| | Choose 3 Sides: Feature Veg or Salad, Daily Fruit, Cold Veggie & | Choose 2 Sides Easting Version | | | • | |
| | Juice Selection | Choose 3 Sides: Feature Veg or Salad, Daily Fruit, Cold Veggie & | 1 - 1 - 1 - 1 | | | |
| | Choice of Milk | Juice Selection | | | | |
| | | Choice of Milk | | | | |
| | Breakfast: Warm Apple Frudel | Produkante Frankrigh | | | | Free lunches are available for those that need |
| | 1 | Breakfast: Egg Sandwich on Bagel | | | | assistance. Go to www.schoolcafe.com to apply or make cafeteria account payments! |
| | | | 1 1 | S. 66 | | |
| | | | | | | |

-

-

×

V