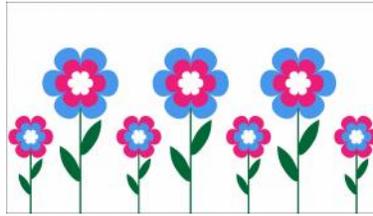


APRIL 2015



<i>MEAL PRICES</i>	
<i>Breakfast:</i>	<i>Lunch:</i>
<i>Student Paid - \$1.40</i>	<i>PreK-5 Student Paid - \$2.30</i>
<i>Student Reduced - \$.30</i>	<i>6-8 Student Paid - \$2.40</i>
<i>Adult Paid - \$2.10</i>	<i>9-12 Student Paid - \$2.50</i>
	<i>Student Reduced - \$.40</i>
<i>Milk - \$.40</i>	<i>Adult - \$3.45</i>

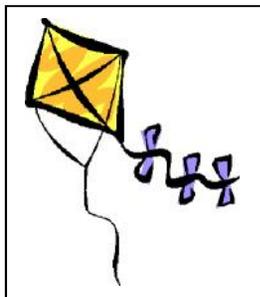
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Breakfast Pizza 26g Fruit Cocktail 14g Stuffed Crust Pizza 35g Broccoli with Cheese 4g/8g Cucumbers 1g Pineapple 17g	2 Blueberry Oat Muffin 25g Pineapple 17g Lasagna 19g Salad Greens 3g Peas 5g/10g Garlic Bread 18g Pears 14g	3 NO SCHOOL
6	NO SCHOOL	7 Pancakes 26g Pineapple 20g Chicken Fried Steak 18g Mashed Potatoes 16g Gravy 4g Carrots 3g/6g Rosy Applesauce 22g	8 Breakfast Pizza 26g Rosy Applesauce 22g Ham and cheese on Bun Tortilla Chips 17g/38g Broccoli 2.5g/5g Apple Salad 16g	9 Applesauce Oatmeal Muffin 39g Peaches 12g Chicken Parmesan on Bun 30g Spinach 2g/5g Mixed Vegetables 12g Mandarin Oranges 17g	10 Biscuit 22g Sausage Gravy 10g Mandarin Oranges 17g Corn Dog 33g Baked Beans 39g Peas 5g/10g Fresh Pear 25g

USDA is an equal opportunity provider and employer.

Breakfast Variety of juices – 12g-18g carbs
 Assorted Cereals 18- 28g
 Milk carbs:
 1% white milk 13 g
 Skim Chocolate Milk 20g

Learn about healthy eating and have fun too – check out the games -
<http://www.nutritionexplorations.org/kids.php>

13 Cereal Graham Cracker 18g Pear 25g Taco Burger 29g Sweet Potato Fries 14g/28g Green Beans 6g Pears 14g	14 Biscuit 22g Sausage Patty 1g Pears 14g Chicken Nuggets 12g Mashed Potatoes 16g Gravy 4g Peas 5g/10g Apricots 19g	15 Breakfast Pizza 26g Apricots 19g Biscuit Sandwich 24g Glazed Carrots 20g Hash Brown Patty 13g/26g Applesauce 14g	16 Scrambled Eggs Hash Brown Patty Applesauce 14g Chili Cheese Fries 36g Baby Carrots 3g Fruit Cocktail 14g Banana Bread 32g	17 Biscuit 22g Sausage Gravy 10g Fruit Cocktail 14g Stuffed Crust Pizza 35g Salad Greens 3g Grape tomatoes 1g Peaches 12g
20 Cereal String Cheese 3g Peaches 12g Chicken Strips 13g Mashed Potatoes 16g gravy Corn 8g/16g Tossed Salad 3g Pineapple 17g	21 Blueberry Bubble Bread 43g Pineapple 17g Super Nachos 43g Tomatoes 2g Peas 10g Applesauce 14g Chocolate Chip Cookies 20g/40g	22 Breakfast Pizza 26g Applesauce 14g Chicken Noodles 25g Mashed Potatoes 16g Carrots 3g/6g Mandarin Oranges 17g Sugar Cookie 20g/40g	23 Cinnamon Roll 30g uniced/ 46g iced Mandarin Oranges 17g BBQ Pork Patty on Bun 43g Coleslaw 14g/ HS 29g Green Beans 6g Peaches 12g	24 Biscuit 22g Sausage Gravy 10g Peaches 12g Pig in a Blanket 26g Broccoli with Cheese 4g/8g Baked Beans 39g Banana 27g
27 Cereal Graham Cracker 18g Banana 27g Chicken Nuggets 12g Mashed Potatoes 16g Gravy 4g Corn 8g/16g Roll 23g Peaches 12g	28 Biscuit 22g Sausage Patty 1g Peaches 12g Cheeseburger on Bun 17g Baked Beans 39g Sweet Potato Tots 12g/23g Fruit Cocktail 14g	29 Breakfast Pizza 26g Fruit Cocktail 14g Stuffed Crust Pizza 35g Broccoli with Cheese 4g/8g Cherry Tomatoes 1g Cucumbers 1g Pineapple 20g	30 Blueberry Oat Muffin 25g Pineapple 20g Lasagna 19g Tossed Salad 3g Peas 5g/10g Garlic Bread 18g Pears 14g	



ALTERNATE ENTRÉE
OPTIONS FOR HIGH
SCHOOL:
Cheeseburger
Chicken Patty on Bun
Chef Salad (with any of rest of
meal except entree)

APRIL IS MONTH FOR CELEBRATING:
Library Week – week 1, National Kite Month,
Weed out Hate: Sow the seeds of Greatness
Day – 3rd; National Deep Dish Pizza Day 5th; Pig
in a Blanket Day 24th

Cheesy pigs in a blanket
Yields 12
Ingredients:
1 package crescent dinner rolls sheet pastry (it should come out as one large piece of dough)
5 low-sodium, low-fat turkey hot dogs, precooked and sliced in half
2 slices low-sodium American cheese
Ketchup for dipping
Directions: have been used.
Bake for at least 10 minutes, or until crescents are golden brown. Serve with ketchup or your favorite dipping sauce and enjoy!

Preheat oven to 425 degrees F. Grease a baking sheet liberally with cooking spray. Cut dough vertically into 4 rectangles. Then cut those rectangles in half (horizontally) and then cut those rectangles diagonally (into triangles). Cut cheese into 6 bite size chunks. Place cheese on the wider inside of the dough. Place a sliced hot dog on top of the cheese and roll dough up so it forms a crescent. Repeat until all ingredients. Bake for at least 10 minutes, or until crescents are golden brown. Serve with ketchup or your favorite dipping sauce and enjoy!
Just how healthy are these? Two of these cheesy, hearty pigs in a blanket have only 6.5 grams of fat! Plus, the turkey dogs give you 11 grams of protein! Not only will this fill you up quicker, it'll work to build lean muscle! In addition to being healthy, these are very easy and can be made in less than 25 minutes (and require just 3 ingredients).