April 2019

BONIFAY K – 8

LUNCH

SERVED DAILY: MILK, FRUIT, AND CONDIMENTS AS NEEDED.

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	Tuesday	Wednesday	Thursday	Friday
1 Stuff Crust Pizza Side Salad Broccoli Bowl	2 Sloppy Joe Fries Carrot Sticks	3 Burrito Black Beans Corn Lettuce	4 Salisbury Steak Mash Potatoes Green Beans WGR Roll	5 Sub Sandwich Doritos Carrot Sticks Lettuce/Tomato
8 Chicken Nuggets Mash Potatoes Steamed Broccoli	9 Hamburger Fries Lettuce/Tomato	10 Taco Salad Tortilla Chips Corn Lettuce	11 Chicken Alfredo Garlic Bread Side Salad Green Beans	12 Hot Dog Doritos Baked Beans Carrot Sticks
15 Chicken Sandwich Fries Lettuce/Tomato	16 Mrs.'s Pasta Garlic Bread Side Salad	17 Quesadilla Black Beans Corn Lettuce	18 Stuff Crust Pizza Side Salad Broccoli Bowl	19 Cheesy Chicken Tortilla Chips Black Beans Lettuce
22 Chicken Nuggets Mash Potatoes Steamed Broccoli	23 Hamburger Fries Lettuce/Tomato	24 Beef Nacho Tortilla Chips Lettuce Corn WGR Cookie	25 Chicken Noodle Steamed Peas Steamed Carrots WGR Roll	26 Corn Dog Mac & Cheese Carrot Sticks Baked Beans
29 Stuff Crust Pizza Side Salad Broccoli Bowl	30 Sloppy Joe Fries Carrot Sticks			