

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

Chicken Noodles
Peas & Carrots
WGR Roll

1

Tuesday

Chicken Sandwich
Fries
Lettuce/Tomato

2

Wednesday

Burrito
Black Beans
Corn
Lettuce

3

Thursday

Stuff Crust Pizza
Broccoli Bowl
Side Salad

4

Friday

Sloppy Joe
Fries
Carrot Sticks

5

Chicken Nuggets
Mash Potatoes
Steamed Broccoli

8

Hamburger
Fries
Lettuce/Tomato

9

Taco Salad
Tortilla Chips
Corn
Lettuce

10

Chicken Alfredo
Garlic Bread
Side Salad
Green Beans

11

Hot Dog
Doritos
Baked Beans
Carrot Sticks

12

Chicken Sandwich
Fries
Lettuce/Tomato

15

Mrs.'s Pasta
Garlic Bread
Side Salad

16

Quesadilla
Black Beans
Corn
Lettuce

17

Stuff Crust Pizza
Side Salad
Broccoli Bowl

18

Cheesy Chicken
Tortilla Chips
Black Beans
Lettuce

19

Chicken Nuggets
Mash Potatoes
Steamed Broccoli

22

Hamburger
Fries
Lettuce/Tomato

23

Beef Nacho
Tortilla Chips
Lettuce
Corn
WGR Cookie

24

Chicken Noodle
Steamed Peas
Steamed Carrots
WGR Roll

25

Corn Dog
Mac & Cheese
Carrot Sticks
Baked Beans

26

Stuff Crust Pizza
Side Salad
Broccoli Bowl

29

Sloppy Joe
Fries
Carrot Sticks

30

