

Everett Elementary Schools April Lunch Menu

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 Summer Feeding Sites can be found at:
 www.whyhunger.org



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread,
 and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables include:

Broccoli Florets
 Baby Carrots
 Dark Leafy Greens
 Legume Salads
 Celery & Cucumber

*May choose two 1/2 cup servings

*Fruits include:

Crisp Apple
 Sliced Peaches
 Mixed Fruit
 Fresh Orange
 Banana
 Pineapple Tidbits

Diced Pears
 Applesauce
 *May choose 1/2 cup serving





MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
 Fat Free White and Low Fat White

Lunch Prices: \$3.45
 Paid \$2.00
 Reduced \$.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/3 Beef Soft Taco Spanish Rice Refried Beans Fresh Oranges Low Fat Milk	4/4 Chicken Patty Sandwich WG Bun Baked Sweet Potatoes Pineapple Tidbits Low Fat Milk	4/5 Buffalo Chicken Pizza Steamed Broccoli Mandarin Oranges Low Fat Milk	4/6 Salisbury Steak WG Roll Mashed Potatoes Gravy Applesauce Low Fat Milk	4/7 Breaded Fish Sandwich WG Bun Macaroni and Cheese Steamed Peas Fresh Oranges Low Fat Milk
4/10 BBQ Rib Sandwich WG Bun Steamed Carrots Diced Pears Low Fat Milk	4/11 Sloppy Joe WG Bun Baked Beans Fresh Apples Low Fat Milk	4/12 Baked Ham Scalloped Potatoes Green Beans Mixed Fruit WG Roll and Butter Low Fat Milk	4/13 No School Easter Break 	4/14 No School Easter Break 
4/17 No School Easter Break 	4/18 Chicken Patty Sandwich WG Bun BBQ Baked Beans Sliced Peaches Low Fat Milk	4/19 Macaroni and Cheese WG Roll Stewed Tomatoes Applesauce Low Fat Milk	4/20 Grilled Cheese Tomato Soup Steamed Green Beans Diced Pears Low Fat Milk	4/21 Mini Corn Dogs WG Roll Steamed Corn Fresh Oranges Low Fat Milk
4/24 Meatball Hoagie WG Bun Steamed Broccoli Mandarin Oranges Low Fat Milk	4/25 BBQ Pulled Pork WG Bun Baked Beans Fresh Apples Low Fat Milk	4/26 Pierogis and Onions WG Roll Steamed Corn Sliced Peaches Low Fat Milk	4/27 Ham and Cheese Panini Homemade Red Sauce Steamed Carrots Fresh Bananas Low Fat Milk	4/28 Pasta w/ Meat Sauce WG Breadstick Fresh Romaine Salad Sliced Peaches Low Fat Milk
				The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE
Monday Hot Dog on WG Bun Chicken Nugget Munchable	Tuesday Cheeseburger on WG Bun Chicken Nugget Munchable	Wednesday Grilled Ham and Cheese Sandwich Chicken Nugget Munchable	Thursday Muffin, Cheese and Yogurt Chicken Nugget Munchable	Friday Pepperoni Pizza Chicken Nugget Munchable