

# Everett High/Middle School April Lunch Menu



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## The Grille

Grilled Chicken Sandwich  
Cheeseburger on a Bun  
Breaded Chicken Sandwich  
Breaded Spicy Chicken Sandwich

## The Garden

Grilled Chicken Salad  
Breaded Chicken Salad  
Buffalo Chicken Salad  
Fruit Salad  
Chef Salad  
Spicy Breaded Chicken Salad  
Tuna Salad

## The Pizzeria

Pepperoni and Sausage Pizza  
Hawaiian Pizza  
Pepperoni Pizza  
Mozzarella Cheese Pizza  
Pepperoni and Bacon Pizza

## Grab & Go

A wide variety of sandwiches, wraps, specialty salads and yogurt parfaits are available daily!

## Options

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4/3</b> <b>Ham and Cheese Panini</b> Homemade Red Sauce Steamed Broccoli Fresh Oranges Low Fat Milk	<b>4/4</b> <b>Grilled Cheese</b> Tomato Soup Steamed Green Beans Fresh Apples Low Fat Milk	<b>4/5</b> <b>Beef Soft Taco</b> Spanish Rice Refried Beans Diced Pears Low Fat Milk	<b>4/6</b> <b>Buffalo Chicken Pizza</b> Steamed Carrots Applesauce Low Fat Milk	<b>4/7</b> <b>Pierogis and Onions</b> WG Roll Steamed Corn Pineapple Tidbits Low Fat Milk
<b>4/10</b> <b>Mini Corn Dog Nuggets</b> WG Slice of Bread Steamed Peas Mandarin Oranges Low Fat Milk	<b>4/11</b> <b>Hot Turkey Sandwich</b> Mashed Potatoes Gravy Fresh Bananas Low Fat Milk	<b>4/12</b> <b>Chicken Strips</b> WG Slice of Bread Steamed Corn Sliced Peaches Low Fat Milk	<b>4/13</b> <b>No School Easter Break</b> 	<b>4/14</b> <b>No School Easter Break</b> 
<b>4/17</b> <b>No School Easter Break</b> 	<b>4/18</b> <b>Sloppy Joes</b> WG Bun Baked Beans Fresh Oranges Low Fat Milk	<b>4/19</b> <b>Ham and Cheese Panini</b> Homemade Red Sauce Steamed Corn Pineapple Tidbits Low Fat Milk	<b>4/20</b> <b>Beef Soft Taco</b> Spanish Rice Refried Beans Diced Pears Low Fat Milk	<b>4/21</b> <b>Buffalo Chicken Alfredo</b> WG Roll Steamed Green Beans Applesauce Low Fat Milk
<b>4/24</b> <b>BBQ Rib Sandwich</b> WG Bun Baked Beans Fresh Oranges Low Fat Milk	<b>4/25</b> <b>Buffalo Chicken Pizza</b> Steamed Broccoli Fresh Apples Low Fat Milk	<b>4/26</b> <b>Pulled Pork Sandwich</b> WG Bun Steamed Peas Mandarin Oranges Low Fat Milk	<b>4/27</b> <b>Vegetable Lasagna</b> WG Garlic Breadstick Mixed Vegetables Sliced Peaches Low Fat Milk	<b>4/28</b> <b>Sweet and Sour Chicken</b> WG Rice Mixed Vegetables Mandarin Oranges Low Fat Milk
			Fresh Produce from Local Farms based on crop availability	

## The Deli

Spicy Italian Hoagie  
Buffalo Chicken Wrap  
Oven Roasted Turkey and Cheese Ham & Cheese  
Tuna Salad Wrap  
Chicken Ranch Wrap

## Accompaniments

\*Must take at least one 1/2 cup of fruit or vegetable

\*Vegetable Bar includes:  
 Broccoli Florets  
 Baby Carrots  
 Dark Leafy Greens  
 Legume Salads  
 Celery & Cucumber

\*Fruits include:  
 Crisp Apple  
 Sliced Peaches  
 Mixed Fruit  
 Fresh Orange  
 Banana  
 Pineapple Tidbits  
 Diced Pears  
 Applesauce

## Milk

Milk Choices Offered Daily:  
 1% white, non-fat white, non-fat flavored

## Proud to manage your food service program



Lunch Prices: Paid \$2.15 Reduced \$4.00  
 Adult: \$3.45

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MENUS SUBJECT TO CHANGE