

# NUTRITION SERVICES

## COLD LUNCH MENU, GRADES K-8

### LUNCHMASTER SCHOOL LUNCH PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday
			Apr - 1 Bagel, String Cheese, & Sunflower Seeds  Chicken Bacon Ranch Wrap  Farmers Market Chicken Salad and Roll  -- SIDES -- 1st Fresh Fruit, 1/2 Cup Celery Sticks Sweet Peas --WATER BOTTLE-- --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard	Apr - 2 Pastrami and Swiss on a French Roll  Egg Salad Sandwich  Chef Salad and Roll  -- SIDES -- 1st Fresh Fruit, 1/2 Cup Broccoli Florets, Cucumber Sticks --WATER BOTTLE-- --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard  + 2 take home meals
Apr - 5  Turkey & Cheddar Sandwich  Hummus and Pita Bread with Roasted Chickpeas  Chicken Salad on a French Roll  -- SIDES -- 1st Fresh Fruit, 1/2 Cup Baby Carrots Edamame, Shelled --WATER BOTTLE-- --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard	Apr - 6  Chicken Caesar Wrap  Sunbutter & Jelly Sandwich  Vegetarian Picnic Box  -- SIDES -- 1st Fresh Fruit, 1/2 Cup Jicama and Lime Cherry Tomatoes --WATER BOTTLE-- --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard	Apr - 7  <b>EAT AT HOME</b> Mediterranean Bistro Box  Farmers Market Egg Salad and Roll  Chicken Bacon Ranch Salad, Roll  -- SIDES -- 1st Fresh Fruit, 1/2 Cup Baby Carrots Celery Sticks & Cucumber Coins --WATER BOTTLE-- --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard	Apr - 8  Taco Salad w/ Tortilla Chips, GF  Blueberry Bagel, String Cheese & Sunflower Seeds  Chicken Caesar Salad with Roll  -- SIDES -- 1st Fresh Fruit, 1/2 Cup Celery Sticks Sweet Peas --WATER BOTTLE-- --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard	Apr - 9  Beef Fajita Wrap  Yogurt Berry Parfait with a Muffin  Cobb Salad, Roll  -- SIDES -- 1st Fresh Fruit, 1/2 Cup Broccoli Florets Cucumber Sticks --WATER BOTTLE-- --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard  + 2 take home meals

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<p>Apr - 12 Ham &amp; Turkey on Dutch Crunch</p> <p>Sunbutter &amp; Jelly Sandwich</p> <p>Roast Beef &amp; Swiss on a Roll</p> <p>-- SIDES -- 1st Fresh Fruit, 1/2 Cup Baby Carrots Edamame, Shelled --WATER BOTTLE-- --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard</p>	<p>Apr - 13 Italian Deli Sub on a French Roll</p> <p>Artisan Cheese and Fruit Platter</p> <p>Hummus Rainbow Wrap</p> <p>-- SIDES -- 1st Fresh Fruit, 1/2 Cup Jicama and Lime Cherry Tomatoes --WATER BOTTLE-- --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard</p>	<p>Apr - 14 EAT AT HOME</p> <p>Breaded Chicken Wrap</p> <p>Ham Turkey &amp; Cheese on Dutch Crunch</p> <p>Southwest Vegetarian Taco Salad &amp; Chips, GF</p> <p>-- SIDES -- 1st Fresh Fruit, 1/2 Cup Baby Carrots Celery Sticks &amp; Cucumber Coins --WATER BOTTLE-- --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard</p>	<p>Apr - 15 Turkey &amp; Cheddar Sandwich</p> <p>Bagel, String Cheese, &amp; Sunflower Seeds</p> <p>Italian Deli Sub on a French Roll</p> <p>-- SIDES -- 1st Fresh Fruit, 1/2 Cup Celery Sticks Sweet Peas --WATER BOTTLE-- --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard</p>	<p>Apr - 16 Asian Chicken Wrap</p> <p>Farmers Market Tuna Salad and Roll</p> <p>Southwest Vegetarian Taco Salad &amp; Chips, GF</p> <p>-- SIDES -- 1st Fresh Fruit, 1/2 Cup Broccoli Florets Cucumber Sticks --WATER BOTTLE-- --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard</p> <p style="text-align: center;">+ 2 take home meals</p>
<p>Apr - 19 Turkey &amp; Cheddar Sandwich</p> <p>Sunbutter &amp; Jelly Sandwich</p> <p>Chef Salad and Roll</p> <p>-- SIDES -- 1st Fresh Fruit, 1/2 Cup Baby Carrots Edamame, Shelled --WATER BOTTLE-- --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard</p>	<p>Apr - 20 Yogurt Berry Parfait with a Muffin</p> <p>Turkey, Bacon, Cheddar on Dutch Crunch</p> <p>Chicken Caesar Salad with Roll</p> <p>-- SIDES -- 1st Fresh Fruit, 1/2 Cup Jicama and Lime Cherry Tomatoes --WATER BOTTLE-- --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard</p>	<p>Apr - 21 EAT AT HOME</p> <p>Pastrami and Swiss on a French Roll</p> <p>Veggie Nugget Wrap</p> <p>Santa Fe Chicken Salad, GF</p> <p>-- SIDES -- 1st Fresh Fruit, 1/2 Cup Baby Carrots Celery Sticks &amp; Cucumber Coins --WATER BOTTLE-- --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard</p>	<p>Apr - 22 Taco Wrap</p> <p>Vegetarian Picnic Box</p> <p>Italian Market Salad</p> <p>-- SIDES -- 1st Fresh Fruit, 1/2 Cup Celery Sticks Sweet Peas --WATER BOTTLE-- --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard</p>	<p>Apr - 23 Ham &amp; Cheddar on Dutch Crunch</p> <p>Hummus and Pita Bread with Roasted Chickpeas</p> <p>Mediterranean Bistro Box</p> <p>-- SIDES -- 1st Fresh Fruit, 1/2 Cup Broccoli Florets Baby Carrots --WATER BOTTLE-- --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard Mayonnaise Soy Sauce Packet</p> <p style="text-align: center;">+ 2 take home meals</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 26 Chicken Bacon Ranch Wrap  Sunbutter & Jelly Sandwich  Asian Chicken Salad  -- SIDES -- 1st Fresh Fruit, 1/2 Cup Baby Carrots Edamame, Shelled --WATER BOTTLE-- --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard	Apr - 27 Turkey & Pepperjack on Dutch Crunch  Artisan Cheese and Fruit Platter  Chipotle Bean Wrap  -- SIDES -- 1st Fresh Fruit, 1/2 Cup Jicama and Lime Cherry Tomatoes --WATER BOTTLE-- --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard	Apr - 28 EAT AT HOME  Turkey & Cheddar Sandwich  Yogurt Berry Parfait with a Muffin  Picnic Box  -- SIDES -- 1st Fresh Fruit, 1/2 Cup Baby Carrots Celery Sticks & Cucumber Coins --WATER BOTTLE-- --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard	Apr - 29 Bagel, String Cheese, & Sunflower Seeds  Chicken Bacon Ranch Wrap  Farmers Market Chicken Salad and Roll  -- SIDES -- 1st Fresh Fruit, 1/2 Cup Celery Sticks, Sweet Peas --WATER BOTTLE-- --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard	Apr - 30 Pastrami and Swiss on a French Roll  Egg Salad Sandwich  Chef Salad and Roll  -- SIDES -- 1st Fresh Fruit, 1/2 Cup Broccoli Florets Cucumber Sticks --WATER BOTTLE-- --CONDIMENTS-- Ranch Dressing Taco Sauce Ketchup Mustard  + 2 take home meals

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