

3

Biscuit and Gravy w/  
Sausage Patty  
Turkey Sub  
Tater Tots  
Fruit and Veggie Bar  
Milk

4

Fish Sticks with Mac &  
Cheese  
Chef Salad  
Green Beans  
Fruit and Veggie Bar  
Milk

5

**Celebrate  
Baseball!!  
Hot Dog**  
Ham Sub  
Bag of Popcorn  
Baked Beans  
Fruit and Veggie Bar  
Milk

6

Turkey & Noodles w/  
Roll  
Popcorn Chicken  
Salad  
Orange Glazed  
Carrots  
Fruit and Veggie Bar  
Milk

7

Pizza  
Chicken Ranch Wrap  
Broccoli  
Fruit and Veggie Bar  
Milk

10

Chicken Leg w/  
Dinner Roll  
Ham & Turkey Sub  
Mashed Potatoes  
Fruit & Veggie Bar  
Milk

11

Chili w/ Grilled  
Cheese  
Fruit Yogurt Cheese  
Plate  
Green Beans  
Fruit and Veggie Bar  
Milk

12

Popcorn Chicken w/  
Roll  
Ham & Cheese Wrap  
French Fries  
Fruit and Veggie Bar  
Milk

13

Beef Nachos w/ Rice  
Popcorn Chicken  
Salad  
Baked Beans  
Fruit and Veggie Bar  
Milk

14

Pizza  
All American Sub  
Broccoli  
Fruit and Veggie Bar  
Milk

17

BBQ Rib Sandwich  
Turkey Sub  
French Fries  
Fruit and Veggie Bar  
Milk

18

Country Popcorn  
Chicken Bowl w/ Roll  
Chicken Caesar  
Salad  
Green Beans  
Fruit and Veggie Bar  
Milk

19

Chicken Sandwich  
Steamed Carrots  
Fruit and Veggie Bar  
Milk

20

Cheeseburger  
Chef Salad  
Baked Beans  
Fruit and Veggie Bar  
Milk

21

Pizza  
Tuna Salad Sub  
Steamed Broccoli  
Fruit and Veggie Bar  
Milk

24

Pizza Stick w/  
Marinara Sauce  
Turkey Sub  
Sweet Corn  
Fruit and Veggie Bar  
Milk

25

Salisbury Steak w/  
Parsley Noodles  
Ham Chef Salad  
Green Beans  
Fruit and Veggie Bar  
Milk

26

Chicken Nuggets w/  
Roll  
Turkey & Cheese  
Sub  
Baked Beans  
Fruit and Veggie Bar  
Milk

27

Corn Dog  
Turkey Chef Salad  
Sweet Potato Fries  
Fruit and Veggie Bar  
Milk

28

Pizza  
Ham & Cheese Sub  
Steamed Broccoli  
Fruit and Veggie Bar  
Milk



**Celebrate Baseball Season April 5!**

- Aim to eat a fruit and vegetable at each meal.
- Cook with your family at least one night a week.
- Drink more water – keep a tally chart for each family member.

• Elementary-aged kids need 9-11 hours sleep.