

# April 2018

## Elementary Breakfast & Lunch

### Monday

**Breakfast** **2**  
Cereal & Graham Cracker  
Pull Apart Cini Mini's  
Sliced Peaches & Assorted Juice  
**Lunch**  
Chicken & Waffles w/ Syrup  
Tater Tots  
Seasoned Spinach  
Strawberries & Oranges

**Breakfast** **9**  
Cereal & Graham Cracker  
Mini Bagels w/ Strawberry Cream Cheese  
Flavored Applesauce & Assorted Juice  
**Lunch**  
Grilled Cheese Sandwich\*  
Protein Box w/ Turkey Ham\*  
Vegetable Soup  
Garden Salad  
Flavored Applesauce

**Breakfast** **16**  
Cereal & Graham Cracker  
Pull Apart Cini Mini's  
Sliced Peaches & Assorted Juice  
**Lunch**  
Pepperoni or Cheese Pizza  
Golden Corn  
Garden Salad  
Flavored Applesauce



**Breakfast** **30**  
Cereal & Graham Cracker  
Pull Apart Cini Mini's  
Sliced Peaches & Assorted Juice  
**Lunch**  
Chicken & Waffles  
Tater Tots  
Seasoned Spinach  
Strawberries & Oranges

### Tuesday

**Breakfast** **3**  
Cereal & Graham Cracker  
Blueberry Pancake on a Stick  
Flavored Applesauce & Assorted Juice  
**Lunch**  
Salisbury Steak w/ Brown Gravy\*  
Turkey Chef Salad\*  
Macaroni & Cheese  
Seasoned Carrots  
Steamed Broccoli  
Flavored Applesauce

**Breakfast** **10**  
Cereal & Graham Cracker  
Sausage Roll  
Fresh Orange & Assorted Juice  
**Lunch**  
Beef & Cheese Nachos\*  
Refried Beans  
Seasoned Golden Corn  
Grapes

**Breakfast** **17**  
Cereal & Graham Cracker  
Blueberry Pancake on a Stick  
Flavored Applesauce & Assorted Juice  
**Lunch**  
Crispito w/ Cheese Sauce\*  
Turkey Chef Salad\*  
Pinto Beans  
Steamed Carrots  
Salsa  
Fruit Cocktail

**Breakfast** **24**  
Cereal & Graham Cracker  
Sausage Roll  
Fresh Orange & Assorted Juice  
**Lunch**  
Chicken Lo Mein\*  
Asian Chicken Salad\*  
Steamed Broccoli  
Cucumbers & Tomatoes  
Fresh Strawberries & Orange

### Wednesday

**Breakfast** **4**  
Cereal & Graham Cracker  
Pancakes w/ Syrup  
Turkey Sausage Patty  
Fruit Cocktail & Assorted Juice  
**Lunch**  
Meatball Sub\*  
Protein Bistro Box w/ Egg\*  
Tater Tots  
Baked Beans  
Fresh Apple Slices

**Breakfast** **11**  
Cereal Or Berry Patch Smoothie  
Graham Cracker  
Fruit Cocktail & Assorted Juice  
**Lunch**  
Oven Roasted Chicken\*  
Grilled Chicken Salad\*  
Biscuit  
Steamed Broccoli  
Fresh Baby Carrots  
Fruit Cocktail

**Breakfast** **18**  
Cereal & Graham Cracker  
Pancakes w/ Syrup  
Turkey Sausage Patty  
Fruit Cocktail & Assorted Juice  
**Lunch**  
Spaghetti & Meat Sauce  
Green Beans  
California Vegetables  
Sliced Peaches

**Breakfast** **25**  
Cereal Or Berry Patch Smoothie  
Graham Cracker  
Fruit Cocktail & Assorted Juice  
**Lunch**  
Chicken & Noodles\*  
Protein Box w/ Turkey Ham\*  
Peas & Carrots  
Garden Salad  
Fresh Grapes

### Thursday

**Breakfast** **5**  
Cereal & Graham Cracker  
Trix Yogurt  
Apple Slices & Assorted Juice  
**Lunch**  
Popcorn Chicken\*  
Popcorn Chicken Salad\*  
Fresh Baked Roll  
Mashed Potatoes w/ Gravy  
Green Beans  
Sliced Peaches

**Breakfast** **12**  
Cereal & Graham Cracker  
Colby Omelette Biscuit or  
Chicken Biscuit  
Apple Slices & Assorted Juice  
**Lunch**  
Breakfast Burrito w/ Ham & Egg\*  
Breakfast Burrito w/ Egg & Cheese\*  
Chef Salad w/ Turkey Ham  
Tater Tots &  
Fresh Cucumber and Tomato  
Fresh Strawberries

**Breakfast** **19**  
Cereal & Graham Cracker  
Trix Yogurt  
Apple Slices & Assorted Juice  
**Lunch**  
Chicken Nuggets\*  
Grilled Chicken Salad\*  
Fresh Baked Roll  
Mashed Potatoes & Gravy  
Steamed Broccoli  
Oranges & Grapes

**Breakfast** **26**  
Cereal & Graham Cracker  
Colby Omelette Biscuit or  
Chicken Biscuit  
Apple Slices & Assorted Juice  
**Lunch**  
Beef & Cheese Nachos\*  
Turkey Ham Chef Salad\*  
Refried Beans  
Seasoned Golden Corn  
Flavored Applesauce

### Friday

**Breakfast** **6**  
Cereal & Graham Cracker  
French Toast Sticks  
Sliced Peaches & Assorted Juice  
**Lunch**  
Hamburger or Cheeseburger\*  
Lettuce, Tomato, Pickle  
French Fries  
Fruit Cocktail

**Breakfast** **13**  
Cereal & Graham Cracker  
Dutch Baby Waffle  
Sliced Peaches & Assorted Juice  
**Lunch**  
Grilled Chicken Sandwich  
Potato Wedges  
Lettuce, Tomato, Pickles  
Fresh Apple

**Breakfast** **20**  
Cereal & Graham Cracker  
French Toast Sticks  
Sliced Peaches & Assorted Juice  
**Lunch**  
Chicken Fried Steak Sandwich  
Green Beans  
French Fries  
Fresh Apple Slices

**Breakfast** **27**  
Cereal & Graham Cracker  
Dutch Baby Waffle  
Sliced Peaches & Assorted Juice  
**Lunch**  
Crispy Chicken Sandwich  
Potato Wedges  
Green Beans  
Fresh Orange

### MEAL PRICES

#### ~Breakfast~

- Students \$1.30
- Reduced Price - .30¢
- Adult - \$1.80

#### ~Lunch~

- Students - \$2.75
- Reduced Price - .40¢
- Adult - \$3.25

Milk Varieties Offered Daily  
8 oz. Cartons of:  
FF Chocolate  
FF Strawberry  
1% Lowfat  
Extra Milk or Milk Purchased  
Without Tray - .60¢



Each meal  
(Breakfast and Lunch)  
must contain at least  
3 items - 1 of the items  
must be a fruit or vegetable.

\* Denotes Choice of Entree

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### SHAC CORNER

(Student Health Advisory Council)  
ALL SESSIONS HELD FROM 6:30-8 PM  
(Unless Otherwise Noted)

At ACORN Community & Family Services Center  
101 Live Oak Street, Red Oak, Tx  
RSVP: Donna Knight at 972-617-4568  
Or [donna.knight@redoakisd.org](mailto:donna.knight@redoakisd.org)

**April 2<sup>nd</sup> - Those Who Host**

**April 9<sup>th</sup> - Communicating When It's Hard**

**April 10<sup>th</sup> - SWAPEG**

**April 16<sup>th</sup> - Family Feud**

**April 19<sup>th</sup> - Parent of the Year Awards**

**April 24<sup>th</sup> - Anger Management**

**April 28<sup>th</sup> - Health & Safety Fair ROMS**

**April 30<sup>th</sup> - Choosing Effective Discipline Techniques**

### Did You Know...

The Romans called this month Aprilis which may derive from the verb aperire meaning "to open", referring to flowers and fruits opening.