

April 2018

CHAPIN ST., EAST ST. & VETERAN'S PARK SCHOOLS

LUNCH



School Information: Lunch Price: \$2.75

Menu Subject to change

"USDA is an equal opportunity provider and employer"



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Breakfast for Lunch 2
Pancakes w/Syrup and Blueberries
Hashbrown, Sausage Patty
Farm Fresh Fruit

Tuesday

Farm Fresh Baked Potato w/Chili & Cheese 3
WW Dinner Roll
Baby Carrots w/Dip
Applesauce Cup

Wednesday

Baked Macaroni & Cheese 4
Garlic Bread
Spinach Salad w/Dressing
Farm Fresh Fruit

Thursday

Shepherd's Pie 5
w/Hamburg, Potatoes, Corn & Gravy
Peppers & Onions
Sliced Apples

Friday

Stuffed Crust Pizza 6
Three Bean Salad
Blueberry Crisp

Hamburger on a WW Bun 9
Oven Ready Fries
Butternut Squash
Farm Fresh Fruit

Taco Tuesday 10
Hard or Soft Shell w/Lettuce, Tomato, Sour Cream & Salsa,
Seasoned Rice, Corn
Peaches

Chicken Scampi w/ Spaghetti 11
Garlic Bread
Side Salad w/Dressing
Farm Fresh Fruit

Pulled Pork on a WW Roll 12
Seasoned Rice
Sweet Peas
Chilled Blueberries

Mozzarella Sticks w/ 13
Dipping Sauce, Chicken Fries,
Oven Ready Fries
Broccoli w/Dressing
Farm Fresh Fruit



Have a wonderful vacation!



Chicken Noodle Soup 23
Grilled Cheese
Cape Cod Chips
Sweet Corn
Farm Fresh Fruit

Chicken Strips w/Gravy 24
Oven Roasted Potatoes
WW Dinner Roll
Three Bean Salad
Chilled Pears

Meatball Grinder w/ 25
Sauce & Cheese
Oven Ready Fries
Seasoned Green Beans
Farm Fresh Fruit

Fish Sticks w/Tartar Sauce 26
Seasoned Rice
Mixed Veggies
Chilled Pears

Cheese or Pepperoni Pizza 27
Broccoli w/Cheese Sauce
Apple Crisp

Chicken Patty on a WW 30
Roll w/Lettuce & Tomato
Sweet Potato Fries
Seasoned Peas
Farm Fresh Fruit

ALTERNATE LUNCHES

Week 1: Buffalo Chicken Wrap
Week 2: Grilled Cheese
Week 3: Tuna Sandwich
Week 4: Hamburger

Earn extra money part-time.
Work as a substitute
in our School Lunch
Department
www.schoolspring.com

