

APRIL 2019

St. Henry High School/Middle School Lunch Menu

Nutrition Tip: A diet rich in fruits and vegetables can lower blood pressure, reduce risk of heart disease and stroke, prevent some types of cancer, and have a positive effect upon blood sugar which can help keep your appetite in check. Eat a variety of types and colors to give your body the mix of nutrients it needs.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Creamed Turkey Mashed Potatoes Green Beans Butter Bread Peaches Milk Alt – Bologna Sandwich</p>	<p>2</p> <p>Hamburger Lettuce, Tomato, Onion Tater Tots Baked Beans Pears HS – WG Crackers Milk Alt – Turkey Sandwich</p>	<p>3</p> <p>Stuffed Breadstick HS – Mozzarella Cheese Romaine Lettuce Pineapple Sherbet Milk Alt – Ham Sandwich</p>	<p>4</p> <p>Chicken Nuggets Corn WG Dinner Roll w/Jelly Applesauce Milk Alt – Turkey Sandwich</p>	<p>5</p> <p>Cheese Quesadilla Romaine Lettuce Salsa Mandarin Oranges Pudding Milk Alt – Grilled Cheese Sandwich</p>
<p>8</p> <p>BBQ Rib Sandwich Peas & Carrots Coleslaw HS – Saltine Pkg Pears Fudge Bar Milk Alt – Turkey Sandwich</p>	<p>9</p> <p>Taco Meat WG Tortilla Chips Iceberg Lettuce Cheese & Salsa Pineapple Milk Alt – Hot Dog Sandwich</p>	<p>10</p> <p>Mini Corn Dogs Baked Beans Baby Carrots Banana Milk Alt – Ham Sandwich</p>	<p>11</p> <p>Chicken Drumstick Mashed Potatoes Corn WG Dinner Roll w/Jelly Applesauce Milk Alt – Turkey Sandwich</p>	<p>12</p> <p>Cheese Pizza Romaine Lettuce Peaches 100% Fruit Juice Milk Alt – Grilled Cheese Sandwich</p>
<p>15</p> <p>Pepperoni Sub Baby Carrots HS – Broccoli & Cauliflower HS – Cracker Pkg Pineapple Yogurt Milk Alt – Hot Dog Sandwich</p>	<p>16</p> <p>Italian Meatballs Potato Smiles Breadstick w/Sauce Grapes Milk Alt – Turkey Sandwich</p>	<p>17</p> <p>Taco Pizza Romaine Lettuce Peaches 100% Fruit Juice Milk Alt – Bologna Sandwich</p>	<p>18</p> <p>Popcorn Chicken Celery & Carrots Applesauce WG Dinner Roll w/Jelly Milk Alt – Ham Sandwich</p>	<p>19</p> <p>No School</p>
<p>22</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Corn Butter Bread Peaches Milk Alt – Bologna Sandwich</p>	<p>23</p> <p>Chicken Patty Sandwich Lettuce, Tomato, Onion California Blend Pears 100% Fruit Juice Milk Alt – Turkey Sandwich</p>	<p>24</p> <p>Chicken Noodle Soup Carrots & Celery Fresh Orange Soft Pretzel Crackers Milk Alt – Hot Dog Sandwich</p>	<p>25</p> <p>Pepperoni Pizza Broccoli & Cheese Mandarin Oranges Frozen Yogurt Milk Alt – Bologna Sandwich</p>	<p>26</p> <p>Chicken Tender Wrap Romaine Lettuce Baked Beans Applesauce Milk Alt – Ham Sandwich</p>
<p>29</p> <p>Hot Ham & Cheese Sweet Potato Fries Peas Pears HS – Chocolate Chip Granola Bar Milk Alt – Turkey Sandwich</p>	<p>30</p> <p>Fajita Chicken/Tortilla HS - WG Tortilla Chips Romaine Lettuce Refried Beans Cheese & Salsa Peaches Milk Alt – Bologna Sandwich</p>			

Cost for Month of March

Grades 5-8: \$2.10 x 21 = \$44.10 / Grades 9-12: \$2.20 x 21 = \$46.20

Extras: Sandwich/Entrée - \$1.10, Fruit/Vegetable - \$0.55, Milk - \$0.40, Snacks - \$0.25 and \$0.50

PLEASE NOTE: Menus are subject to change based on product availability

This institution is an equal opportunity provider

