

APRIL 2021

St Henry Middle School / High School Lunch Menu

Fitness Tip: Find ways to increase physical activity. You could try to:

- Play a sport like basketball, softball, or soccer
- Walk, skate, or cycle more
- Do stretches, exercises, or pedal a stationary bike while watching TV

Monday

Tuesday

Wednesday

Thursday

Friday



No School!

5

Hamburger Sandwich
Broccoli & Cheese
HS - Crackers
Fruit
Milk
Alt – Deli Sandwich

6

Chili Soup
Goldfish Crackers/Saltines
HS – Butter Bread
Carrots & Celery
Fruit
Milk
Alt – Hot Dog Sandwich

7

Stuffed Breadstick
HS – Mozz Cheese Stick
Romaine Lettuce
Fruit
Milk
Alt – Deli Sandwich

1

No School!

2

Creamed Turkey
Mashed Potatoes
Butter Bread
Peaches
Milk
Alt – Deli Sandwich

8

Chicken Nuggets
Corn
Dinner Roll w/Jelly
Fruit
Milk
Alt – Deli Sandwich

9

Chicken Quesadilla
Peas
Baby Carrots
Fruit
Milk
Alt – Deli Sandwich

12

Taco Meat
Tortilla Chips/Refried Beans
Iceberg Lettuce
Cheese & Salsa
Fruit
Milk
Alt – Hot Dog Sandwich

13

BBQ Rib Sandwich
Sweet Potato Fries
Coleslaw
Fruit/HS – Saltines
Fudge Bar
Milk
Alt – Deli Sandwich

14

Chicken Drumstick
Mashed Potatoes
Dinner Roll w/Jelly
Fruit
Milk
Alt – Deli Sandwich

15

Pepperoni Pizza Ripper
Romaine Lettuce
Fruit
Jonny Pop
Milk
Alt – Deli Sandwich

16

Popcorn Chicken
Celery
Dinner Roll w/Jelly
Fruit
Milk
Alt – Deli Sandwich

19

Pizza Grilled Cheese
Carrots
HS – Broccoli & Cauliflower
Fruit
Yogurt
Milk
Alt – Hot Dog Sandwich

20

Tenderloin Sandwich
Hashbrown
Fruit
Milk
Alt – Fish Sandwich

21

Italian Meatballs
Potato Smiles
Breadstick w/Sauce
Fruit
Milk
Alt – Deli Sandwich

22

Taco Pizza
Romaine Lettuce
Fruit
100% Fruit Juice
Milk
Alt – Deli Sandwich

23

Chicken Patty Sandwich
California Blend
Fruit
100% Fruit Juice
Milk
Alt – Deli Sandwich

26

Salisbury Steak w/Gravy
Mashed Potatoes
Butter Bread
Fruit
Milk
Alt – Deli Sandwich

27

Chicken Noodle Soup
Carrots & Celery
Fruit
Soft Pretzel
Saltines
Milk
Alt – Deli Sandwich

28

Chicken Tender Wrap
Baked Beans
Romaine Lettuce
Fruit
Milk
Alt – Hot Dog Sandwich

29

Pepperoni Pizza
Broccoli & Cheese
Frozen Yogurt
Fruit
Milk
Alt – Deli Sandwich

30

PLEASE NOTE: Menus are subject to change based on product availability
This institution is an equal opportunity provider.

