



# Intermediate Menu



Every lunch includes a choice of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Homemade Meatloaf Hot Roll Mashed Potatoes Seasoned Green Beans Fruit Cup or BYSL	2 Nachos Lettuce & Tomato Homemade Salsa Refried Beans Spanish Rice Fruit Cup	3 Asian Bowl or Popcorn Chicken with Hot Roll Steamed Vegetables Glazed Carrots Fruit Cup	4 Chicken Alfredo with Bread Stick or Pizza Tossed Salad Steamed Broccoli Fruit Wiggles	5 Specialty Burger Basket or Chicken Strip Basket with French Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit
8 Chicken Nuggets or Steak Fingers Hot Roll Mashed Potatoes Seasoned Carrots Fruit Cup	9 Tacos with Lettuce & Tomato or Taco Salad Homemade Salsa Spanish Rice Charro Beans Pineapple Tidbits	10 Mini Corn Dogs with Mac & Cheese Cucumber Nachos Seasoned Vegetables Fruit Cup or BYSL	11 Spaghetti with Meat Sauce and Garlic Toast or Pizza Tossed Salad Seasoned Green Beans Banana Sundae	12 Cheese Burger Basket or Hot Dog Basket with French Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit
15 Homemade Salisbury Steak or Popcorn Chicken Hot Roll Mashed Potatoes Seasoned Green Beans Fruit Cup	16 Tacos or Crisпитos Lettuce & Tomato Homemade Salsa Spanish Rice Refried Beans Pineapple Tidbits	17 Chicken & Waffles Fresh Carrots Steamed Vegetables Fruit Cup or BYSL	18 Spaganzza with Garlic Toast or Pizza Tossed Salad Seasoned Sweet Corn Frosty Fruit	19  <b>ENJOY YOUR EASTER!</b>
22 Chicken Fried Steaks or Boneless Wings Hot Roll Roasted Potatoes Seasoned Vegetables Fruit Cup	23 Crispy or Soft Tacos Lettuce & Tomato Homemade Salsa Charro Beans Spanish Rice Rainbow Pears	24 Asian Bowl or Popcorn Chicken with Hot Roll Steamed Vegetables Glazed Carrots Fruit Cup	25 Chicken Parmesan with Garlic Stick or Pizza Steamed Broccoli Garden Fresh Salad Berries & Cream	26 Sweet & Sassy Chicken Sandwich Basket or Chicken Strip Basket with Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit

## Mix it Up!



*Mix up your fruit and veggie intake with a yummy smoothie!! Smoothies taste just as good, if not better, than candy and soda, but are very healthy for you!*

Blend yogurt or milk with fruit and veggie pieces and crushed ice. Use fresh, frozen, and/or canned fruits and veggies. Try bananas, berries, and/or pineapple for the fruit pieces and kale or spinach for the veggies. If you freeze the fruit first, you can even skip the ice!



Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Roll	Scrambled Eggs w/ Toast & Sausage, Bacon, or Ham	Breakfast Pizza	Cinnamon Roll	Waffles
French Toast	Scrambled Eggs w/ Toast & Sausage, Bacon, or Ham	Sausage Biscuit	Pancake Wrap	Muffin & Yogurt

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

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