

April 2018

Pleasant Ridge Elementary School

LUNCH



GO RAMS!



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. This institution is an equal opportunity provider. Menus are subject to change



Monday

Hot Ham and Cheese 2
PBJ - Yogurt - Goldfish

Tater Tots
Corn
Pineapple (GOLD)

3rd Grade Guest Lunch

Tuesday

Cowboy Cavatini / Breadstick 3
PBJ - Cheese Stick - Goldfish

Salad and Carrots
Chilled Peaches
Yogurt

(BLUE)

Wednesday

Grilled Chicken Sandwich 4
PBJ- Yogurt- Goldfish

Baked Beans
Fries
Applesauce

(GOLD)

Thursday

Chicken Nuggets / Roll 5
PBJ- Cheese Stick -Goldfish

Mashed Potato / Gravy
Peas
Fresh Fruit

(BLUE)

Friday

French Toast & Sausage 6
PBJ- Yogurt -Goldfish

Tri-Tater
Salad / Carrots
Orange Juice / Crumb Cake

(GOLD)

Breaded Chicken Sandwich 9
PBJ - Cheese Stick

Lettuce / Tomato
Corn / Tortilla Chips & Salsa
Fruit Cocktail (BLUE)

2nd Grade Guest Lunch

Mac & Cheese with 10
Garlic Toast & Little Smokies

PBJ- Goldfish
Caesar Salad / Carrots
Chilled Pears / Yogurt (GOLD)

Cheese Burger 11
PBJ- Cheese Stick - Goldfish

Tater Tots
Baked Beans
Tropical Fruit
1st Grade Guest Lunch

Chicken Nuggets / Roll 12
PBJ- Yogurt -Goldfish

Mashed Potato / Gravy
Green Beans
Fresh Fruit

(BLUE)

Cheese Max Stick/ Marinara 13
PBJ- Cheese Stick / Goldfish

Salad / Broccoli
Oranges
April Birthday Cake (GOLD)

Hot Ham and Cheese 16
PBJ- Yogurt - Goldfish

Fries
Corn
Pineapple (BLUE)

SCHMIKE
Kindergarten Guest Lunch

Sweet & Sour Chicken 17
With Egg Roll

PBJ- Cheese Stick-Goldfish
Rice / Chilled Peaches
Cucumber and Peppers w/Ranch (GOLD)

Corn Dog 18
PBJ-Yogurt- Goldfish

Lettuce / tomato
Baked Beans
Fries
Applesauce (BLUE)

Chicken Nuggets / Roll 19
PBJ: Cheese Stick -Goldfish

Mashed Potato / Gravy
Peas
Fresh Fruit

(GOLD)

Pizza (Variety) 20
PBJ: Yogurt - Goldfish

Salad / Carrots / Fresh Oranges
Rice Crispy Treat (BLUE)

Cheese Burger 23
PBJ- Cheese Stick - Goldfish

Fries
Corn
Fruit Cocktail (GOLD)

BILDERBACK
Kindergarten Guest Lunch

Spaghetti / Breadstick 24
PBJ- Yogurt -Goldfish

Caesar Salad
Chilled Pears / Yogurt (BLUE)

Breaded Chicken Sandwich 25
PBJ- Cheese Stick-Goldfish

Tater Tots / Baked Beans
Tropical Fruit
KERN (GOLD)
Kindergarten Guest Lunch

Chicken Nuggets / Roll 26
PBJ: Yogurt -Goldfish

Mashed Potato / Gravy
Green Beans
Fresh Fruit

(BLUE)

French Toast & Sausage 27
PBJ- Cheese Stick -Goldfish

Tri-Tater
Peppers and Broccoli
Orange Juice / Crumb Cake (GOLD)

Chicken Wrap 30
PBJ-Yogurt- Goldfish

Lettuce/ Tomato
Carrots and Ranch
Corn
Pineapple / Yogurt (BLUE)

