

April 2018

Pleasant Ridge High School



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

Chicken Wrap
Tenderloin Sandwich

2

Lettuce/ Tomato
Corn
Pineapple

Tuesday

Cowboy Cavatini with a Breadstick
Corn Dog

3

Salad Bar
Chilled Peaches
Yogurt

Wednesday

Pulled Pork Sandwich
Grilled Chicken Sandwich

4

Baked Beans
Fries
Applesauce / Cookie

Thursday

Chicken Strips / Roll
PBJ: Yogurt -Goldfish

5

Mashed Potato / Gravy
Peas
Fresh Fruit

Friday

French Toast & Sausage
PBJ: Yogurt -Goldfish

6

Tri-Tater
Salad Bar
Orange Juice / Crumb Cake

Taco Crunch
Breaded Chicken Sandwich

9

Lettuce / Tomato
Corn / Tortilla Chips & Salsa
Fruit Cocktail

Mac & Cheese with Garlic Toast & Little Smokies
Corn Dog

10

Caesar Salad / Carrots
Chilled Pears / Yogurt

Hot Ham and Cheese
BBQ Riblet Sandwich

11

Tater Tots
Baked Beans
Tropical Fruit / Sherbet

Chicken Strips / Roll
PBJ: Yogurt -Goldfish

12

Mashed Potato / Gravy
Green Beans
Fresh Fruit

Cheese Max Stick/ Marinara
PBJ: Yogurt / Goldfish

13

Salad Bar
Oranges
April Birthday Cake

Burrito w/ cheese Sauce
Grilled Chicken Sandwich

16

Lettuce / Tomato / Corn
Tortilla Chips / Salsa
Pineapple

Sweet & Sour Chicken
With Egg Roll
Corn Dog

17

Rice / Chilled Peaches
Cucumber and Peppers w/Ranch

Cheese Burger
Tenderloin Sandwich

18

Lettuce / tomato
Baked Beans
Fries
Applesauce / Cookie

Chicken Strips / Roll
PBJ: Yogurt -Goldfish

19

Mashed Potato / Gravy
Peas
Fresh Fruit

Pizza (Variety)
PBJ: Cheese Stick - Goldfish

20

Salad Bar / Fresh Oranges
Rice Crispy Treat

Crispitos w/ Cheese Sauce
Tenderloin Sandwich

23

Lettuce / Tomato
Corn / Tortilla chips/ Salsa
Fruit Cocktail

Spaghetti / Breadstick
Corn Dog

24

Salad Bar
Chilled Peaches / Yogurt

Pig In A Blanket
Grilled Chicken Sandwich

25

Tater Tots
Baked Beans
Tropical Fruit / Sherbet

Chicken Strips / Roll
PBJ: Yogurt -Goldfish

26

Mashed Potato / Gravy
Green Beans
Fresh Fruit

French Toast & Sausage
PBJ: Yogurt -Goldfish

27

Tri-Tater
Peppers and Broccoli
Orange Juice / Crumb Cake

Chicken Wrap
Tenderloin Sandwich

30

Lettuce/ Tomato
Corn
Tortilla Chips & Salsa
Pineapple / Yogurt

