

2025

APRIL

LISH BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 Cereal Yogurt Pears	2 Cinnamon Frudel String Cheese Peaches	3 Pancake and Sausage Sandwich Mixed Fruit	4 Cheese Omelet Tri-Tater Applesauce
7 Poptart String Cheese Pears	8 Cereal Yogurt Peaches	9 Cinnamon Frudel String Cheese Mandarin Oranges	10 Pancake and Sausage Sandwich Applesauce	11 Biscuit and Gravy Pineapple
14 NO SCHOOL	15 NO SCHOOL	16 NO SCHOOL	17 NO SCHOOL	18 NO SCHOOL
21 NO SCHOOL	22 Cereal Yogurt Fruit Cup	23 Cinnamon Frudel String Cheese Mixed Fruit	24 Pancake and Sausage Sandwich Peaches	25 Cheese Omelet Sausage Patty Pears
28 Cinnamon Toast Crunch Bar String Cheese Pineapple	29 Cereal Yogurt Peaches	30 Cinnamon Frudel String Cheese Fruit Cup	<p>"For every hour of brisk walking, life expectancy for some people may increase by two hours. Research has shown that walking at least 150 minutes a week can help you: Reduce your risk of serious diseases like heart disease, stroke, diabetes and cancer. Improve your blood pressure, blood sugar and blood cholesterol levels. Increase your energy and stamina. Improve your mental and emotional well-being. Boost bone strength and reduce your risk of osteoporosis. Prevent weight gain." (American Heart Association)</p>	

2025

APRIL

LJSH LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 Chicken and Gravy over Biscuit Mashed Potatoes with Gravy Peas Peaches	2 Pork Tenderloin on Bun Sweet Potato Fries Broccoli Mixed Fruit	3 Spaghetti with Meat Sauce Salad Green Beans Applesauce	4 Breaded Cheese Ravioli Breaded Cheese Stick Marinara Salad Pears
7 Chicken Patty on Bun Chips and Salsa Cauliflower Peaches	8 BBQ Meatballs Cheesy Hashbrowns Green Beans Casserole Mandarin Oranges	9 Pretzel Dog Tri-Tater Broccoli Applesauce	10 Hot Pork Tenderloin on Bread w/Gravy Mashed Potatoes w/Gravy Peas Pineapple	11 Cheese Pizza Salad Carrots Mixed Fruit
14 NO SCHOOL	15 NO SCHOOL	16 NO SCHOOL	17 NO SCHOOL	18 NO SCHOOL
21 NO SCHOOL	22 Hamburger on Bun French Fries Baked Beans Mixed Fruit	23 Chicken Enchiladas Side Salad Corn Peaches	24 Toasted Ravioli and Breaded Cheese Stick with Marinara Salad Pears	25 Sweet and Sour Popcorn Chicken over Rice Egg Roll with Sweet & Sour Sauce Broccoli Pineapple
28 Pulled Pork on Bun Chips and Salsa Baked Beans Peaches	29 Salisbury Steak with Brown Gravy Mashed Potatoes with Gravy Peas Apple Crisp	30 Chicken Strips Alfredo Pasta Coleslaw Broccoli Applesauce	"An easy first step to eating healthy is to include fruits and vegetables at every meal and snack. All forms (fresh, frozen, canned and dried) and all colors count, so go ahead and add color to your plate – and your life." (American Heart Association)	