

LHS/ LJHS Lunch Menu, April 2023, 14 days

April 3-10 Spring Break

TUESDAY, 11

Turkey & gravy on biscuit
Mashed potatoes & gravy
Corn
Pineapple

WEDNESDAY, 12

Pork tenderloin on a bun
Tator rounds
Yellow beans
Pears

THURSDAY, 13

Soft tacos with meat,
lettuce, cheese & salsa
Corn
Applesauce

FRIDAY, 14

Pizza
Salad
Carrot & peas
Peaches

MONDAY, 17

Chicken patty on a bun
Chips & salsa
Harvard beets
Baked apples

TUESDAY, 18

Meatloaf
Cheesy hash browns
Green bean casserole
Pears

WEDNESDAY, 19

Fish sticks
Sweet potato fries
Baked beans
Peaches

THURSDAY, 20

BBQ meatballs
Mashed potatoes & gravy
California blend veggie casserole
Mixed fruit

FRIDAY, 21

S&S popcorn chicken
over rice
Veggie egg roll & sauce
Broccoli
Pineapple

MONDAY, 24

Pork tenderloin on a bun
Tator rounds
Green beans

TUESDAY, 25

Hot turkey on bread w/gravy
Mashed potatoes & gravy
Peas
Mixed fruit

WEDNESDAY, 26

Turkey, ham & cheese sub
Chips & salsa
Cauliflower
Mandarin oranges

THURSDAY, 27

Goulash
Salad
Peas
Apple crisp
Bread & butter

FRIDAY, 28

Pizza
Salad
Carrots
Mixed fruit

All lunch meals served with 1/2 pt. of milk. Equal opportunity provider

Designate a snacking zone: Only allow snacking in certain areas, such as the kitchen, and avoid serving snacks during screen time. You'll save your child countless calories from mindless munching. For snacks on the go, offer a banana, string cheese, yogurt sticks, cereal bars, carrot sticks or other less messy foods... Teaching your child to make healthy snack choices now will help set the stage for a lifetime of healthy eating. Start today! (www.mayoclinic.org)