



**Lunch Menu – NSP K-8
April 2023**

Serving Sizes are as follows:

K - 5th Grade – Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

6th – 8th Grade - Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| April 3 WG Popcorn Chicken Mashed Potatoes Honey Mustard Fruit Milk | April 4 Mac & Cheese w. WG Pasta Green Beans Fruit Milk | April 5 BBQ Chicken & Cheese Wrap on WG Flour Tortilla Carrot Sticks Fruit Milk | <div style="border: 1px solid black; padding: 10px; display: inline-block;"> E A S T E R H O L I D A Y S </div> | |
| April 10 | April 11 | April 12 | April 13 | April 14 |
| <div style="border: 1px solid black; padding: 10px; display: inline-block; width: 100%;"> E A S T E R H O L I D A Y S </div> | | | | |
| April 17 Grilled Chicken Parmesan w. Marinara Sauce and Mozzarella Cheese over WG Pasta Cooked Carrots Fruit Milk | April 18 2 Hot Dogs on WG Bun Baked Beans Ketchup Fruit Milk | April 19 Chef Salad (Diced Turkey, Diced Turkey Ham) WG Dinner Roll x2 w. Butter Ranch Dressing Fruit Milk | April 20 Turkey BBQ WG Sandwich Roll Cauliflower Fruit Milk | April 21 WG Mozzarella Sticks Tator Tots Marinara Sauce Fruit |
| April 24 Mac & Cheese w. Turkey Ham and WG Pasta Green Beans Fruit Milk | April 25 Taco Beef w. Cheddar Cheese WG Tortilla Chips Corn & Black Bean Fruit Milk | April 26 Chicken Gyro on WG Pita Bread Shredded Lettuce and Diced Tomatoes Fresh Broccoli w. Broccoli Tzatziki Sauce Fruit Milk | April 27 Turkey Sausage WG French Toast Breakfast Potatoes Fruit Milk | April 28 Pizza Sticks Cooked Carrots Fruit Milk |

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos