



St. Michael's Middle Schools

April 2018



Week 1	2 NO SCHOOL	3 Homemade Ziti w/wo Fresh Baked Garlic Breadstick Steamed Carrots Green Beans Strawberry Cups	4 Macaroni & Cheese Bar Featuring pork bbq, hot & spicy chicken and taco toppings Broccoli; Cauliflower Pineapple Tidbits	5 Chicken Burrito Bar Spanish Black Beans and/or Steamed Corn Diced Pears	6 Chicken & Waffles French Fries Peas Mixed Fruit
Week 2	9 Fish & Chips Fish Nuggets w/French Fries French Fries, Peas Strawberry Cups 	10 Spaghetti & Meatballs w/wo Fresh Baked Breadstick Green Beans Corn or the Cob Applesauce	11 Soft Shell Taco Refried Beans Cauliflower Diced Peaches	12 Homemade Chicken Enchiladas Steamed Broccoli Diced Pears	13 General Tso's Chicken w/wo Brown Rice Steamed Carrots Oriental Mixed Veggies Mandarin Oranges
Week 3	16 Dutch Waffle w/wo Strawberry Topping w/wo Eggs Tater Tots Applesauce	17 Pizza & Buffalo Cheese Crunchers Steamed Carrots Diced Peaches	18 Potato Bar Extravaganza Featuring baked and mashed potatoes, baked sweet potatoes, chili cheese fries Steamed Broccoli; Corn Pineapple Tidbits	19 Beefy Nachos w/Spanish Rice Spanish Black Beans Mixed Vegetables Diced Pears	20 Chicken Parmesan w/Pasta California Veggies Mixed Fruit
Week 4	23 Ring of Eggcellence Hash Browns Applesauce	24 Homemade Lasagna w/wo Fresh Baked Breadstick Green Beans Cauliflower Mixed Fruit	25 Teriyakie Beef & Veggie Stir Fry w/wo Brown Rice Steamed Carrots Oriental Mixed Vegetables Diced Peaches	26 Taco Bar Choose Tortilla or Chips Beef or Chicken Refried Beans Onions & Peppers Diced Peaches	27 Chicken Alfredo w/Pasta & Fresh Baked Breadstick Steamed Broccoli Mandarin Oranges
Week 5	30 Buffalo Chicken Calzone Tater Tots Applesauce				

Fast Takes Salad Choices:

Week 1: Crispy Chicken Salad w/Roll
Week 2: Chef Salad w/Roll
Week 3: Turkey Cobb Salad w/Roll
Week 4: Chicken Caesar Salad w/Roll
Week 5: Buffalo Chicken Salad w/Roll

Garden Salad w/Cheese available daily. All salads are served with a fresh baked WG Roll

A variety of fresh, whole, **raw fruits & veggies** are available every day they may include Apples, Oranges, Bananas, Carrots, Celery, Broccoli & Cucumbers (*as in season*). **SP V**

Upper Crust Choices:

Monday: Meat Lovers
Tuesday: Calzones
Wednesday: Meat Lovers
Thursday: Calzones
Friday: Meat Lovers

Cheese & Pepperoni Daily

SP All pizzas feature whole grain crusts

Daily Grill Choices:

Monday: Buffalo Chicken Sandwich
Tuesday: Bacon Cheeseburger
Wednesday: Hot Dog on a Bun
Thursday: Buffalo Chicken Sandwich
Friday: Fish Sandwich

Cheeseburger & Chicken Patty Daily

Deli Sandwich Choices:

Week 1: Chicken Caesar Wrap
Week 2: Chicken Salad Sub
Week 3: Chicken Ranch Wrap
Week 4: Ham, Turkey & Cheese Sub
Week 5: Italian Sub

Turkey and Cheese Sub available everyday

This month's feature is **"Catch of the Day"**! Check out the specials in red!

Meal Definition: 1 meat/meat alternative, 1 bread/grain, 1 servings of fruit, 2 servings of vegetables & 1 low fat or fat free milk. Meals must include at least 3 components and 1 must be a fruit or vegetable.

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