



APRIL 2017: K-8 Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Popcorn Chicken Dipping Sauce Cup</p> <p>Rold Gold® Heartzels</p> <p><u>Eat Your Colors</u> Garlicky Green Beans</p>	<p>4</p> <p>100% Beef Hamburger Sliders Deluxe Toppings</p> <p><u>Eat Your Colors</u> French Fries</p>	<p>5</p> <p>Jerk Roasted Chicken Drummie</p> <p>Yellow Rice & Beans</p> <p><u>Eat Your Colors</u> Orange Roasted Carrots</p>	<p>New York Thursday 6</p> <p>Mozzarella Sticks Marinara Sauce</p> <p>Toasty Bread Stick <u>Eat Your Colors</u> Kale Salad with Orange Ginger Dressing</p> <p>Champlain Valley NY Apple Slices</p>	<p>7</p> <p>Macaroni and Cheese</p> <p>Warm Dinner Roll</p> <p><u>Eat Your Colors</u> Baked Beans</p>
<p>Spring Recess 10</p> <p>Popcorn Chicken Dipping Sauce Cup</p> <p>Dinner Roll</p> <p><u>Eat Your Colors</u> Garlicky Green Beans</p>	<p>Spring Recess 11</p> <p>Turkey Burger Deluxe Toppings</p> <p>Cookie Treat</p> <p><u>Eat Your Colors</u> Sweet Potato Wedges</p>	<p>Spring Recess 12</p> <p>Sweet & Sour Popcorn Chicken</p> <p>Sesame Lo-Mein</p> <p><u>Eat Your Colors</u> Roasted Zucchini</p>	<p>Spring Recess 13</p> <p>Jamaican Patty</p> <p>Cookie Treat</p> <p><u>Eat Your Colors</u> Kale Salad</p> <p>Champlain Valley NY Apple Slices</p>	<p>Spring Recess 14</p> <p>Macaroni and Cheese</p> <p>Warm Dinner Roll</p> <p><u>Eat Your Colors</u> Baked Beans</p>
<p>Spring Recess 17</p> <p>Popcorn Chicken Dipping Sauce Cup</p> <p><u>Eat Your Colors</u> Seasoned Wedge Fries</p>	<p>Spring Recess 18</p> <p>Fish & Cheese Sandwich Deluxe Toppings</p> <p><u>Eat Your Colors</u> Sweet Potato Wedges</p>	<p>19</p> <p>Teriyaki Popcorn Chicken</p> <p>Sesame Lo-Mein</p> <p><u>Eat Your Colors</u> Egg Roll with Duck Sauce</p>	<p>New York Thursday 20</p> <p>Steak and Cheese Empanada</p> <p><u>Eat Your Colors</u> French Fries</p>	<p>21</p> <p>Macaroni and Cheese</p> <p>Warm Dinner Roll</p> <p><u>Eat Your Colors</u> Baked Beans</p>
<p>24</p> <p>Crispy Chicken Parmigiana Sandwich</p> <p>Toasty Breadstick</p> <p><u>Eat Your Colors</u> Seasoned Wedge Fries</p>	<p>25</p> <p>100% Grass Fed Beef Burger Deluxe Toppings</p> <p><u>Eat Your Colors</u> Sweet Potato Waffle Fries</p>	<p>26</p> <p>Teriyaki Chicken Sliders</p> <p><u>Eat Your Colors</u> Super Hero Spinach</p>	<p>New York Thursday 27</p> <p>Assorted Hot Sandwiches</p> <p>Cookie Treat</p> <p><u>Eat Your Colors</u> Cucumber Salad</p> <p>NY Apples</p>	<p>28</p> <p>Macaroni and Cheese</p> <p>Warm Dinner Roll</p> <p><u>Eat Your Colors</u> Baked Beans</p>

EVERY KID HEALTHY™
April 24-28 is Every Kid Healthy Week

EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD

Offered Daily: Milk (1% low fat, fat free & fat free chocolate), Fresh Fruit, PB&J, and Cheese Sandwiches
Spice Station: Granulated Garlic, Red Pepper Flakes, Oregano
Dressings: Ranch, Honey Mustard, French
Condiments : Ketchup, Mustard, Mayonnaise, Hot Sauce, BBQ Sauce

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