

APRIL | 2019



Central Elementary School and Hauser Jr. High School
Menu Subject to Change

Vegetarian Options Available Daily Please ask your Server

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 Mac and Cheese Baked Bean Medley W/G Bread Slice Applesauce /Apple Slices 650 Calories 15g Fat 98g Carbs 900mg Sodium 26g Sugar</p>	<p>2 Orange Chicken Over Brown Rice Savory Carrots 100% Juice Cup Fortune Cookie 630 Calories 24g Fat 73g Carbs 753mg Sodium 36g Sugar</p>	<p>3 Pizza Day! Garden Salad Choice of Dressing Banana 395 Calories 3g Fat 62g Carbs 800mg Sodium 19g Sugar</p>	<p>4 Cheese Quesadilla Sliced Cucumbers Spanish Rice Pineapple Cup 622 Calories 15g Fat 73g Carbs 745mg Sodium 29g Sugar</p>	<p>5 Chicken Nuggets Baked Fries W/G Roll Peach Cup 500 Calories 15g Fat 57g Carbs 662mg Sodium 17g Sugar</p>
<p>8 Cheese Calzone Or Hot Ham and Cheese On Hawaiian Bread Sweet Potatoes Cucumbers/ Pear Cup 420 Calories 7g Fat 61g Carbs 500mg Sodium 26g Sugar</p>	<p>9 Grilled Cheese Soup Variety You Choose Raw Veggies and Dip Sliced Apples 452 Calories 8g Fat 71g Carbs 1055mg Sodium 32g Sugar</p>	<p>10 Bosco Day! Marinara Sauce Italian Salad Banana 455 Calories 11g Fat 74g Carbs 826mg Sodium 20g Sugar</p>	<p>11 Baked Ravioli Garlic Bread Garbanzo Bean Salad 100% Juice Cup 425 Calories 7g Fat 80mg Carbs 835mg Sodium 29g Sugar</p>	<p>12 Chicken Patty On W/G Roll Baked Fries Clementines 628 Calories 25g Fat 77g Carbs 750mg Sodium 15g Sugar</p>
<p>15 Hot Dog On W/G Roll Baked Bean Medley Clementines 480 Calories 12g Fat 60g Carbs 731mg Sodium 23g Sugar</p>	<p>16 Chicken Tenders Mashed Potatoes and Gravy Bread Slice 100% Fruit Juice Cup 493 Calories 15gFat 80gCarbs 900mg Sodium 17g Sugar</p>	<p>17 Pizza Day! Garden Salad Choice of Dressing Banana 456 Calories 9g Fat 67g Carbs 800mg Sodium 19g Sugar</p>	<p>18 Pizza Dippers With Marinara Sauce Mixed Veggies Applesauce 469 Calories 11gFat 68g Carbs 690mg Sodium 24g Sugar</p>	<p>19</p> <p style="text-align: center;">See you Monday</p>
<p>22 Grilled Cheese With Soup Choices Carrots and Dip Sliced Apples 475 Calories 7gFat 74g Carbs 1030mg Sodium 6g Sugar</p>	<p>23 Hamburger On Whole Grain Roll With Garden Salad Dried Fruit 429 Calories 12gFat 72g Carbs 540mg Sodium 29g Sugar</p>	<p>24 Bosco Day! Marinara Sauce Fresh Asparagus Orange Slices 422 Calories 11g Fat 60g Carbs 700mg Sodium 28g Sugar</p>	<p>25 Walking Taco With Meat, Cheese, Lettuce Salsa and Chips Refried Beans 100% Fruit Juice 642 Calories 25gFat 60g Carbs 704mg Sodium 33g Sugar</p>	<p>26 Pizza Day! Sausage or Cheese You Pick Baked Fries Mixed Fruit 495 Calories 8gFat 75g Carbs 1000mg Sodium 18g Sugar</p>
<p>29 Rib Sandwich On Whole Wheat Roll Sweet Potato Fries Fresh Apple 463 Calories 10gFat 69g Carbs 946mg Sodium 20g Sugar</p>	<p>30 Orange Chicken Over Brown Rice Broccoli Fortune Cookie/ 100% Fruit Juice 630 Calories 24gFat 73g Carbs 753mg Sodium 36g Sugar</p>	<p>1</p>	<p>2</p>	<p>3</p>

News
Lunch Meal \$3.00
Includes
Entrée, vegetable, fruit and
Milk

Snack Bar Available
Prices for snacks
.25 cents to \$2.00
8oz. Milk .40 Cents

Our food is never fried
All bread is at least 50%
whole grain
Pizza Crust is whole grain

We use locally grown
produce if
Available

Central 4th and 5th grades
and
Hauser Jr. High may have
additional veggie and fruit
choices

PLEASE NOTE
THE TOTALS FOR CALORIES,
FAT CARBS, SODIUM AND
SUGAR DO NOT INCLUDE
MILK OR CONDIMENTS

1% WHITE MILK
100 Calories 2.5 Fat Cal
13g Carbs
130mg Sodium 12g Sugar

FAT FREE CHOCOLATE MILK
120 Calories 0 Fat Cal
20g Carbs
180mg Sodium 18g Sugar

See you at Lunch!