

# Greeneville City Schools 9-12

## April Menu 2019



**The original value meal  
& still a fantastic deal!**

Breakfast      Lunch

**\$1.60**

**\$2.60**

Get in touch with us today to learn

**YOU'RE GETTING WARM.**



One of the best ways to avoid getting hurt - playing a sport, in gym class, and even on the playground - is to stretch out a little first and start off slowly before you go all out.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
WELLNESS IS A WAY OF LIFE!**



**Monday, April 1**

**Breakfast**

Pancakes w/  
Sausage  
Fruit & Milk

**Lunch**

Managers Choice



**Tues. April 2**

**Breakfast**

Sausage, Egg, &  
Cheese Biscuit  
Fruit & Milk

**Lunch**

Sweet & Sour  
Chicken  
Lasagna Roll Up  
Rice  
Smiley Potatoes  
Texas Toast  
Fruit & Milk

**Wed. April 3**

**Breakfast**

French Toast  
Sticks  
Fruit & Milk

**Lunch**

Teriyaki Dippers  
Bacon Cheese  
Burger  
Corn  
Green Beans  
Fruit & Milk

**Thurs., April 4**

**Breakfast**

Chicken Biscuit  
Fruit & Milk

**Lunch**

Spaghetti w/  
Texas Toast  
Turkey Sandwich  
Salad  
French Fries  
Carrot Sticks  
Fruit & Milk

**Friday, April 5**

**Breakfast**

Gravy & Biscuit w/  
side of Steak  
Fruit & Milk

**Lunch**

Turkey & Gravy  
w/ WG Roll  
Hamburger  
Mashed Potatoes  
Peas  
Fruit & Milk

**Monday, April 8**

**Breakfast**

Frudel or Muffin  
Fruit & Milk

**Lunch**

Chicken & Waffles  
Hot Dog  
Baked Beans  
Hash brown  
Fruit & Milk

**Tuesday, April 9**

**Breakfast**

French Toast  
Sticks  
Fruit & Milk

**Lunch**

Pot Pie  
Turkey Croissant  
Mashed Potatoes  
Peas  
Fruit & Milk

**Wed. April 10**

**Breakfast**

Sausage, Egg &  
Cheese Biscuit  
Fruit & Milk

**Lunch**

Hamburger  
Corndog Nuggets  
French Fries  
Blueberry Crisp  
Milk

**Thursday, April 11**

**Breakfast**

Chicken Biscuit  
Fruit & Milk

**Lunch**

Fajitas  
BBQ  
Corn  
Carrot Sticks  
Fruit & Milk

**Friday, April 12**

**Breakfast**

Gravy & Biscuit w/  
side of Steak  
Fruit & Milk

**Lunch**

Pizza  
Corndog  
French Fries  
Veggie Cups  
Fruit & Milk

**Breakfast**

Fruit and 100% Fruit Juice  
Entrees 1. Cereal or Poptart  
Or  
2. Yogurt w/ Toast

**Lunch**

1. PB Sandwich w/ Turkey Stick  
2. Cheese Sandwich w/ Turkey Stick



Monday, April 15

**Breakfast**

Egg Omelet, Toast,  
Sausage  
Fruit & Milk

**Lunch**

Chicken Sliders  
Chili Chips &  
Cheese  
Hash Browns  
Mixed Veggie cup  
Fruit & Milk

Tuesday, April 16

**Breakfast**

Pancakes w/ Steak  
Fruit & Milk

**Lunch**

Rib Pattie on a  
Bun  
Cheese Sticks  
French Fries  
Salad  
Fruit & Milk

Wed., April 17

**Breakfast**

Chicken & Waffles  
Fruit & Milk

**Lunch**

Turkey Wrap  
Popcorn Chicken  
Mashed Potatoes  
Green Beans  
Fruit & Milk

Thursday, April 18

**Breakfast**

Sausage, Egg, &  
Cheese Biscuit  
Fruit & Milk

**Lunch**

Managers Choice



Friday, April 19



Monday, April 22

**Breakfast**

Steak Omelet w/  
Toast  
Fruit & Milk

**Lunch**

Grilled Chicken  
Pattie  
Garlic Pizza  
Salad  
Smiley Potatoes  
Fruit & Milk

Tuesday, April 23

**Breakfast**

Frudel or Muffin  
Fruit & Milk

**Lunch**

Sloppy Joes  
Hamburger  
French Fries  
Baked Beans  
Fruit & Milk

Wed., April 24

**Breakfast**

Egg, Sausage,  
Toast  
Fruit & Milk

**Lunch**

Pot Pie  
Teriyaki Dippers  
Broccoli w/ Cheese  
Glazed Carrots  
Fruit & Milk

Thursday, April 25

**Breakfast**

Chicken & Waffles  
Fruit & Milk

**Lunch**

BBQ  
Fajitas  
Whole Potatoes  
Green Beans  
Blueberry Cobbler  
Milk

Friday, April 26

**Breakfast**

Gravy & Biscuit w/  
side of Steak  
Fruit & Milk

**Lunch**

Turkey Sandwich  
Tacos  
Corn  
Carrots w/ Dip  
Mixed Fruit w/  
Jello

Monday, April 29

**Breakfast**

Frudel  
Fruit & Milk

**Lunch**

Managers Choice



Tuesday, April 30

**Breakfast**

French Toast  
Sticks  
Fruit & Milk

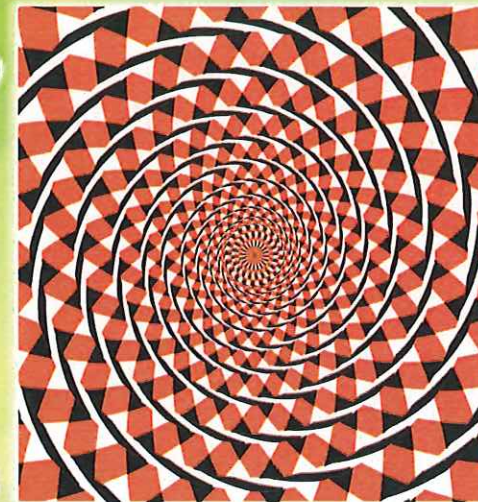
**Lunch**

Grilled Chicken  
Parmesan  
Cheese Sticks  
Salad  
Corn on the cob  
Fruit & Milk

**NUTRITION TO GO**

Experts recommend that we eat at least 20-30 grams of fiber a day -- but most Americans consume less than half that much. Good sources are grains, fruits, vegetables, and beans. Check the labels on foods, like your favorite breakfast cereal -- some cereals provide ten or more grams of fiber per bowl, but shoot for at least three.

**A QUICK BITE FOR PARENTS**



**Only an Illusion**

This image might look like a spiral, but it's not -- it's a series of circles. The background makes it APPEAR to be a spiral. Try tracing one of the lines if you're not convinced. You won't move inward or outward -- you'll just go around in a circle.