

MENUS FOR

APRIL 2019

South Whittier School District

This institution is an equal opportunity provider. Menus are subject to change.

WELCOME BACK!

Tuesday, April 2nd

Breakfast
Rice Chex
OR
Hash Browns w/ Biscuits

Lunch
Shredded Chicken Taco
Pinto Beans

Wednesday, April 3rd

Breakfast
Apple Cinnamon Cheerios
OR
Grape Crescent

Lunch
Chicken Tamales
Spanish Rice
Black Beans
Garden Salad

Thursday, April 4th

Breakfast
Golden Grahams
OR
Frittata

Lunch
Cheeseburger
Baked Fries

Friday, April 5th

Breakfast
Cinnamon Chex
OR
Egg/Cheese Sandwich

Lunch
Cheese Pizza
Cesar Salad

Monday, April 8th

Breakfast
Honey Graham Toasters
OR
French Toast

Lunch
Orange Chicken w/ Brown Rice
Crispy Noodles
Garden Salad

Tuesday, April 9th

Breakfast
Rice Chex
OR
Yogurt Parfait w/ Granola

Lunch
Chicken Enchiladas
Pinto Beans

Wednesday, April 10th

Breakfast
Apple Cinnamon Cheerios
OR
Breakfast Pizza

Lunch
Chicken, Bean, and Cheese Burrito
Spanish Rice
Cesar Salad

Thursday, April 11th

Breakfast
Golden Grahams
OR
Breakfast Pizza

Lunch
Chicken Strips
Corn Bread
Tater Tots

Friday, April 12th

Breakfast
Cinnamon Chex
OR
Dutch Waffle

Lunch
Bean and Cheese Pupusas
Garden Salad

Monday, April 15th

Breakfast
Honey Graham Toasters
OR
Breakfast Round

Lunch
Teriyaki Chicken w/ Brown Rice
Crispy Noodles
Garden Salad

Tuesday, April 16th

Breakfast
Rice Chex
OR
Sausage Patty w/ Toast

Lunch
Chicken Taco w/ Tortilla
Pinto Beans

Wednesday, April 17th

Breakfast
Apple Cinnamon Cheerios
OR
Egg/Cheese Rolled Taco

Lunch
Cheese Enchiladas
Spanish Rice
Cesar Salad

Thursday, April 18th

Breakfast
Golden Grahams
OR
Stuffed Croissant

Lunch
Beef Dunkers
Mashed Potatoes and Gravy

Friday, April 19th

NO SCHOOL

Monday, April 22nd

NO SCHOOL

Tuesday, April 23rd

Breakfast
Rice Chex
OR
Bagel w/ Cream Cheese

Lunch
Beef Taco w/ Shell
Pinto Beans
Spanish Rice

Wednesday, April 24th

Breakfast
Apple Cinnamon Cheerios
OR
Pancakes

Lunch
Pasta w/ Meat Sauce
Garlic Toast
Cesar Salad

Thursday, April 25th

Breakfast
Golden Grahams
OR
Chorizo Wrap

Lunch
Baked Chicken
Waffles
Tater Tots

Friday, April 26th

Breakfast
Cinnamon Chex
OR
Cheese Quesadilla

Lunch
Grilled Cheese Sandwich
Baked Chips

Monday, April 29th

Breakfast
Honey Graham Toasters
OR
Breakfast Bean and Cheese Burrito

Lunch
Chicken Nuggets
Mashed Potatoes and Gravy
Garden Salad

Tuesday, April 30th

Breakfast
Rice Chex
OR
Hash Browns w/ Biscuits

Lunch
Shredded Chicken Taco
Pinto Beans

AVAILABLE DAILY

Fruits and vegetables are offered during breakfast and lunch. 1% milk and nonfat chocolate milk offered daily. All grains offered are whole grains.

SCHOOL MEAL PRICES

Student Breakfast	\$1.25	Adult Lunch	\$2.75
Student Lunch	\$2.00	Milk	\$.50

MENUS FOR APRIL 2019

ABRIL DE 2019

BIENVENIDO DE NUEVO

Martes, 2 de Abril

Desayuno

Rice Chex
o
Yogur

Almuerzo

Taquitos de puerco deshebrado
Frijoles pintos

Miercoles, 3 de Abril

Desayuno

Apple Cinnamon Cheerios
o
Desayuno en pan croissant

Almuerzo

Tamales de pollo
Arroz español
Frijoles negros
Ensalada verde

Jueves, 4 de Abril

Desayuno

Golden Grahams
o
Frittata

Almuerzo

Hamburguesa con queso
Papitas horneadas

Viernes, 5 de Abril

Desayuno

Cinnamon Chex
o
Sándwich de huevo con queso

Almuerzo

Pizza de queso
Ensalada Cesar

Lunes, 8 de Abril

Desayuno

Honey Graham Toasters
o
Tostada Francesca

Almuerzo

Pollo a la naranja con arroz integral
Chow mein
Brócoli

Martes, 9 de Abril

Desayuno

Rice Chex
o
Yogur

Almuerzo

Taquitos de puerco deshebrado
Frijoles pintos

Miercoles, 10 de Abril

Desayuno

Apple Cinnamon Cheerios
o
Desayuno en pizza

Almuerzo

Burrito de pollo con frijol y queso
Arroz español
Ensalada Cesar

Jueves, 11 de Abril

Desayuno

Golden Grahams
o
Desayuno en pizza

Almuerzo

Fajitas de pollo
Pan de maíz
Tater tots

Viernes, 12 de Abril

Desayuno

Cinnamon Chex
o
Wafle holandés

Almuerzo

Pupusas de frijol y queso
Ensalada Verde

Lunes, 15 de Abril

Desayuno

Honey Graham Toasters
o
Desayuno en pan

Almuerzo

Pollo al teriyaki con arroz integral
Chow mein
Ensalada verde

Martes, 16 de Abril

Desayuno

Rice Chex
o
Empanada de salchicha

Almuerzo

Tacos de pollo
Frijoles pintos

Miercoles, 17 de Abril

Desayuno

Apple Cinnamon Cheerios
o
Taquito de huevo y queso

Almuerzo

Enchiladas de queso
Arroz español
Ensalada Cesar

Jueves, 18 de Abril

Desayuno

Golden Grahams
o
Desayuno en croissant

Almuerzo

Nuggets de res
Puree de papas con salsa (Gravy)
Brownie

Viernes, 19 de Abril

NO HAY CLASES

Lunes, 22 de Abril

NO HAY CLASES

Martes, 23 de Abril

Desayuno

Rice Chex
o
Bagel con crema de queso

Almuerzo

Taco de res
Frijoles pintos
Arroz español

Miercoles, 24 de Abril

Desayuno

Apple Cinnamon Cheerios
o
Panqueques

Almuerzo

Espagueti con salsa de carne
Pan de ajo tostado
Ensalada Cesar

Jueves, 25 de Abril

Desayuno

Golden Grahams
o
Enrollado de chorizo

Almuerzo

Pollo horneado
Waffle
Tater tots

Viernes, 26 de Abril

Desayuno

Cinnamon Chex
o
Quesadilla

Almuerzo

Sandwich de queso
Papitas horneadas

Lunes, 29 de Abril

Desayuno

Honey Graham Toasters
o
Desayuno en burrito

Almuerzo

Nuggets de pollo
Puree de papas con salsa (Gravy)
Ensalada verde

Martes, 30 de Abril

Desayuno

Rice Chex
o
Hash brown con pan

Almuerzo

Taquitos de pollo deshebrado
Frijoles pintos

DISPONIBLE DIARIO

Frutas y vegetales ofrecidas diariamente durante el desayuno y almuerzo. Leche de 1% y leche de chocolate sin grasa también ofrecido diariamente. Todos los granos que se ofrecen son granos integrales.

PRECIOS DE COMIDA ESCOLAR

Desayuno para Estudiantes	\$1.25	Almuerzo para Adultos	\$2.75
Almuerzo para Estudiantes	\$2.00	Leche	\$.50