

April 2018

Charlo School District 7J

LUNCH



School Information: April 1st – Happy Easter!
April 2nd – No School



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

No School **2**

Tuesday

Chicken Strips **3**
Salad
Veggies
Fruit
Milk

Wednesday

Pulled Pork Sandwich **4**
Salad
Veggies
Fruit
Milk

Thursday

Shepherd's Pie **5**
Salad
Veggies
Fruit
Milk

Friday

Burgers **6**
Salad
Veggies
Fruit
Milk

Chicken Stir Fry **9**
Salad
Veggies
Fruit/Milk

Fish Sticks **10**
Salad
Veggies
Fruit
Milk

Chicken Taco's **11**
Salad
Veggies
Fruit
Milk

Sweet & Sour Meatballs **12**
Over Rice
Salad
Veggies/Fruit
Milk

Hot Dogs **13**
Salad
Veggies
Fruit
Milk

Creamed Chicken over Rice **16**
Salad
Veggies/Fruit
Milk

BBQ Rib Sandwich **17**
Salad
Veggies
Fruit
Milk

Chili & Cinnamon Rolls **18**
Salad
Veggies
Fruit
Milk

Chicken Alfredo **19**
Salad
Veggies/Fruit
Milk

Corn Dogs **20**
Salad
Veggies
Fruit
Milk

Turkey Gravy over Mashed **23**
Salad
Veggies
Fruit/Milk

Burritos **24**
Salad
Veggies
Fruit
Milk

Spaghetti **25**
Salad
Veggies
Fruit
Milk

Grilled Chicken Sandwich **26**
Salad
Veggies
Fruit
Milk

Steak Fingers **27**
Salad
Veggies
Fruit
Milk

Burgers **30**
Salad
Veggies
Fruit
Milk

