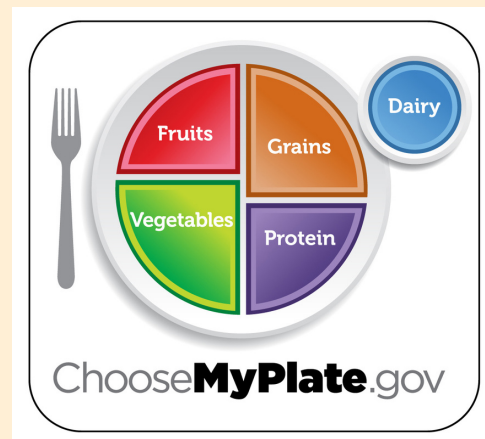


**ALL MEALS ARE
AT NO COST TO
ALL STUDENTS!**

MENU KEY:
(V) Vegetarian
(C) Chicken
(B) Beef
(P) Pork
(T) Turkey

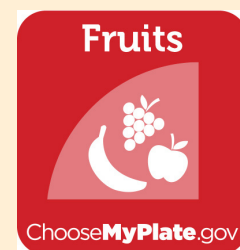


TO MAKE A BREAKFAST:

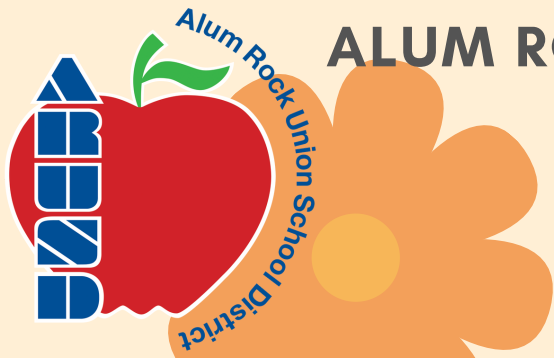
Must take an entree
& 1/2 cup of fruit or
juice!

WHAT MAKES A COMPLETE LUNCH?

Choose at least 3
different food
components
&
one must be 1/2 cup of
fruit or vegetables!



MON	TUE	WED	THU	FRI
			APR 1 10 Day Holiday Bulk Meal Distribution Cereal **** Pizza/ Orange Chicken Apples Carrots Milk	APR 2 CESAR CHAVEZ DAY 
APR 5 SPRING BREAK STUDENTS NOT IN ATTENDANCE	APR 6 SPRING BREAK STUDENTS NOT IN ATTENDANCE	APR 7 SPRING BREAK STUDENTS NOT IN ATTENDANCE	APR 8 SPRING BREAK STUDENTS NOT IN ATTENDANCE	APR 9 SPRING BREAK STUDENTS NOT IN ATTENDANCE
APR 12 Cereal (V) **** Turkey Ham & Cheese Lunch Kits (T/P) Fruit/Veg	APR 13 Blueberry Muffin (V) **** Bean Cheese Tamale (V) PB & J Sandwich/Sunbutter Sandwich (V) Fruit/Veg	APR 14 Cinnamon Bun (V) **** Chicken Nuggets w/roll(C) Turkey Ham and Cheese Sandwich (T/P) Harvest of the Month: Fruit/Veg	APR 15 Bagel Cream Cheese (V) **** American Burger (B) PB & J Sandwich/Sunbutter Sandwich (V) Fruit/Veg	APR 16 3 Day Bulk Weekend Meals Cereal (V) **** Spaghetti w/beef sauce (B) (5# bag) and/or Three Cheese Corn Tacos (V) Fruit/Veg
APR 19 Choc Banana Bar (V) **** Enchiladas Cheese (V) Turkey Ham and Cheese Sandwich (T/P) Fruit/Veg	APR 20 Choc Muffin Top (V) **** Chicken Chile Verde Tamale (C) PB & J Sandwich/Sunbutter Sandwich (V) Fruit/Veg	APR 21 Cinnamon Roll (V) **** Spaghetti w/meat sauce (B) Turkey Ham and Cheese Sandwich (T/P) Harvest of the Month: Fruit/Veg	APR 22 Mini Bagel Cinnamon Cream Cheese (V) **** Chicken Double Dog (C) PB & J Sandwich/Sunbutter Sandwich (V) Fruit/Veg	APR 23 3 Day Bulk Weekend Meals Cereal (V) **** Teriyaki Chicken (C) (5# bag) and/or Bean & Cheese Burrito (V) Fruit/Veg



ALUM ROCK UNION SCHOOL DISTRICT

K-8

APRIL 2021

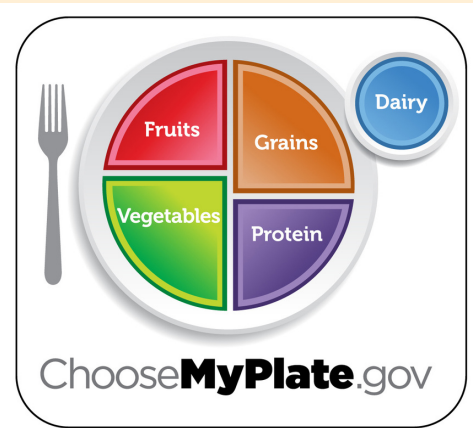
**ALL MEALS ARE
AT NO COST TO
ALL STUDENTS!**

TO MAKE A BREAKFAST:

Must take an entree
& 1/2 cup of fruit or
juice!

MENU KEY:

(V) Vegetarian
(C) Chicken
(B) Beef
(P) Pork
(T) Turkey



MON

TUE

WED

THU

FRI

APR 26

Buttermilk Bar (V)

Deep Dish Pizza (V)
Turkey Ham and Cheese
Sandwich (T/P)
Fruit/Veg

APR 27

Cherry Muffin (V)

Bean & Cheese Salsa
Buritto (V)
PB & J Sandwich/Sunbutter
Sandwich (V)
Fruit/Veg

APR 28

Cinni Mini (V)

Drumstick w/roll (C)
Turkey Ham and Cheese
Sandwich(T/P)
Harvest of the Month:
Fruit/Veg

APR 29

Bagel Cinnamon Raisin
Cream Cheese (V)

Corn Dog (C)
PB & J Sandwich/Sunbutter
Sandwich (V)
Fruit/Veg

APR 30

3 Day Bulk Weekend Meals
Cereal (V)

Mac and Cheese (V)
(5# bag) and/or
Three Cheese Corn Tacos
(V)
Fruit/Veg

HARVEST OF THE MONTH



One of our harvest of the month is strawberries. Strawberries are packed with vitamins, fiber, and antioxidants. They are a good source of manganese and potassium.

One serving of about eight strawberries provides more vitamin C than an orange.



Snap peas are our other harvest of the month! This delicious and nutritious vegetable only has 60 calories and 3 grams of fiber per cup, raw. They are also a great source of immunity-boosting vitamin C. Snap peas are an easy way to add flavor, color and loads of vitamins to your diet.

*MENU SUBJECT TO CHANGE WITHOUT NOTICE. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.