

# April 2017

## McCurdy Charter School

### LUNCH



**Choice of 1% or skim milk  
Offered daily!  
Menu subject to change**



**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

Bean and cheese burrito **3**  
red chili, tossed salad  
1oz ranch  
diced pears  
milk

### Tuesday

Frito pie, cheese lettuce **4**  
tomato, WG roll  
applesauce  
milk

### Wednesday

Nachos W/ ground beef **5**  
tossed salad 1oz ranch  
orange smiles  
milk

### Thursday

Chicken fajitas W/veggie **6**  
WG tortilla, cheese, pinto  
beans 1oz salsa  
diced peaches  
milk

### Friday

Cheese pizza **7**  
tossed salad 1oz ranch  
pineapple tidbits  
milk

Cheeseburger on WG bun **10**  
lettuce/tomato, oven fries  
1oz ketchup, mustard, mayo  
orange smiles milk

Red chili enchiladas **11**  
lettuce/tomato WG roll  
pinto beans  
applesauce milk

Chicken soft tacos **12**  
cheese, lettuce, tomato 1oz  
salsa, corn  
fruit cocktail milk

Grilled cheese **13**  
tossed salad 1oz ranch  
diced pears  
milk

**NO SCHOOL** **14**  
**SPRING BREAK**

**NO SCHOOL** **17**  
**SPRING BREAK**

Chicken nuggets 1oz BBQ **18**  
oven fries 1oz ketchup  
carrots 1oz ranch  
orange smiles milk

Charbroiled beef patty **19**  
whipped potatoes, gravy  
green beans WG roll  
fruit cocktail, milk

Spaghetti W/ meat sauce **20**  
green beans, Breadsticks  
diced pears  
milk

Pizza **21**  
tossed salad 1oz ranch  
pineapple tidbits  
milk

Turkey corn dog 1oz mustard **24**  
oven fries 1oz ketchup  
carrots 1oz ranch  
orange smiles milk

Chicken patty on WG bun **25**  
green beans  
fruit cocktail  
milk

Green chili chicken **26**  
enchiladas, pinto beans  
lettuce/tomato WG roll  
applesauce milk

Beefy macaroni and cheese **27**  
tossed salad 1oz ranch  
breadstick applesauce  
milk

Grilled ham and cheese **28**  
corn  
diced pears  
milk

