

April 2018

McCurdy Charter School



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

Tuesday

Wednesday

Thursday

Friday

Chicken Nuggets **2**
oven fries ketchup, BBQ
orange smiles
milk

Chicken Patty **3**
on a WG bun, lettuce/tomato
green beans mayo
fruit cocktail
milk

Frito pie **4**
cheese/ lettuce/ tomato
Fresh WG roll
applesauce
milk

Cheese Pizza **5**
Corn
pineapple tidbits
milk

Grilled Cheese **6**
Carrots/Cucumbers /celery
1oz Ranch
orange smiles
Milk

Turkey corn dog **9**
oven fries, ketchup, mustard
orange smiles
milk

Chicken Quesadilla **10**
corn, salsa
diced pears
milk

Charbroiled beef patty **11**
whipped potatoes, gravy
green beans, Fresh WG roll
Fruit cocktail, , milk

Toasted turkey ham and **12**
cheese sandwich
sweet peas, diced peaches
milk

Sloppy Joe's on WG bun **13**
Oven fries, ketchup
carrots, ranch, diced peaches
milk

Cheeseburger **16**
WG bun, lettuce/tomato
ketchup, mustard, mayo
oven fries orange, smiles, milk

Chicken soft tacos **17**
cheese/lettuce/tomato/salsa
corn diced pears
milk

Bean and cheese burrito **18**
red chili , tossed salad
ranch, fruit cocktail
milk

Frito pie **19**
cheese/ lettuce/ tomato
Fresh WG roll
applesauce
milk

Pepperoni pizza **20**
tossed salad 1oz ranch
pineapple tidbits
milk

Quesadilla **23**
salsa, corn
diced pears
milk

Grilled Ham and Cheese **24**
Green beans
fruit cocktail
milk

Chicken Fajitas W/veggie **25**
WG tortilla, Cheese
pinto beans, salsa
applesauce, milk

Spaghetti W/ meat sauce **26**
green beans, breadsticks
diced peaches
milk

Chicken Nuggets **27**
oven fries ketchup, BBQ
orange smiles
milk

Frito pie **30**
cheese/ lettuce/ tomato
Fresh WG roll
applesauce
milk

