



2017 Breakfast and Lunch Menu

Menus subject
to Change

North Crawford

The USDA is an equal opportunity provider and employer

Monday April 3

Breakfast:
Pancakes

Lunch:
Cook's Choice

Tuesday April 4

Breakfast:
Egg & Cheese Croissant
w/ Strawberry Craisins

Lunch:
BBQ Chicken Sandwich
Tater Tots
Roasted Veggies
Pineapples

Wednesday April 5

Breakfast:
Cook's Choice

Lunch:
Homemade Pizza
(Chicken Bacon Ranch
or Supreme
or Cheese)
Corn
Side Salad
Mandarin Oranges

Thursday April 6

Breakfast:
Breakfast Calzone & Fruit Cup

Lunch:
North Crawford Wild Wings Day
Choice of :
Garlic Parmesan Wings or
Barbeque Wings with Ranch or
Honey Mustard Dipping sauce
Celery
Green Beans
Dinner Roll
Apple Crisp

April breakfast cost:
Elementary/HS - \$19.80
Per Meal - \$1.10

April Lunch costs:
MS/HS - \$49.50 (\$2.75)
Elementary - \$44.10 (\$2.45)
Extra Milk - \$0.30
Adult Breakfast - \$1.60
Adult Lunch - \$3.55

We encourage you to monitor your child's lunch account online to keep your balance current

Friday April 7

Breakfast:
Peachy King Parfait

Lunch:
Fish Sticks w/ tartar
sauce
French Fries
Corn
Applesauce Cup
Cookie

Monday April 10

Breakfast:
Cook's Choice

Lunch:
Chicken Bacon Wrap
Chips
Roasted Cauliflower
Baked Beans
Mandarin Oranges

Tuesday April 11

Breakfast:
French Toast

Lunch:
Chicken Nuggets
Smiley Potatoes
Carrots and ranch
Corn

Wednesday April 12

Breakfast:
Cereal or Ceral Bar

Lunch:
Cheeseburger
Chips
Baked Beans
Apple Slices

Thursday April 13

Breakfast:
Cook's Choice

Lunch:
Cook's Choice

Early Release Day
No Nutrition Break

Friday April 14

GOOD FRIDAY

No School

DON'T GET!

To make a lunch, choose at least one

Fruit/Juice or **Veggie**

Grains **Milk** **Protein**

Fruit/Juice and **3-5 items total** **Vegetables**

Monday April 17

No School

Tuesday April 18

Breakfast:
Cereal

Lunch:
Swiss Chicken
Casserole
Garlic breadstick
Broccoli
Caesar Salad
Peaches

Wednesday April 19

Breakfast:
Biscuits and Gravy
High School-
Grab n go

Lunch:
Asian Chicken
Stir Fried Rice
Broccoli
Mandarin Oranges
Fortune Cookie

Thursday April 20

Breakfast:
Cook's Choice

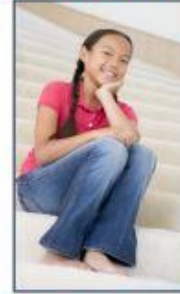
Lunch:
Chicken Quesadilla
Sour Cream and Salsa
Spanish Rice
Black Beans
Pineapple
Churro

Friday April 21

Breakfast:
Combo Bar w/ Toast

Lunch:
Baked Chicken
Homemade Bread
Corn
Salad
Applesauce Cup
Cookie

STAIRWAY TO HEALTH.



Wellness is determined by dozens of small choices we all make every day. For example, take the stairs – no, really, TAKE THE STAIRS! It's estimated that stair-climbing for just 2 minutes a day (6-8 flights) will burn enough calories to prevent annual weight gain for the average American.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday April 24

Breakfast:
Bagel and Cream
Cheese

Lunch:
Sub Sandwich
Coleslaw
Chips
Roasted Cauliflower
Applesauce Cup

Tuesday April 25

Breakfast:
Pancake Sausage Stick

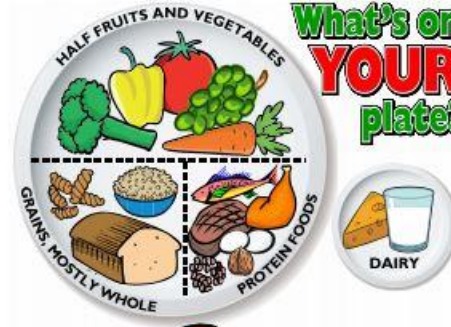
High School-
Grab n go

Lunch:
Hot Dog w/ Chili
Chips
Baked Beans
Roasted Broccoli
Orange Wedges

NUTRITION TOGO

Green bell peppers were once about the only kind of bell peppers sold fresh in America. Now, red, yellow, orange, and even purple bell peppers are common in grocery stores. They all start out the same way – all bell peppers are green when they are immature, and get their color (and sweetness) if allowed to ripen on the vine.

A TASTY MORSEL FOR PARENTS



Wednesday April 26

Breakfast:
Muffin and Yogurt

Lunch:
Cook's Choice

Muffins with Mom Menu:

-Choice of:
Cranberry Almond Muffin
Blueberry Muffin or Chocolate Chocolate Chip Muffin
-Yogurt
-Apple Slices
-Milk
-Juice

Thursday April 27

Breakfast:
Strawberry Smoothie

Lunch:
Nachos with meat and Cheese
Spanish Rice
Refried Beans
Jello Fruit Cup

Friday April 28

Breakfast:
Cereal or Cereal Bar

Lunch:
Shepard's Pie
Corn
Dinner Roll
Banana

Q: What was the least popular vegetable on the Titanic?

Answer: iceberg lettuce! Actually, iceberg lettuce is also the least nutritious of a very nutritious family of vegetables. Try other kinds of greens in salads and on sandwiches for more flavor and greater nutritional value!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Every complete meal we serve comes with your choice of milk!

