

APRIL, 2022

monday	tuesday	wednesday	thursday	friday
				PIZZA DAY whole wheat dough cheese or veggie fresh veggies 1
PASTA DAY mac and cheese steamed green beans cornbread 4	BURRITO BOWLS seasoned beef brown rice black beans lettuce, cheddar, salsa tortilla chips 5	BREAKFAST DAY bagels cream cheese sausage links vanilla yogurt 6	SANDWICH DAY buffalo chicken wraps cheddar cheese lettuce ranch dressing baked tater tots 7	NO SCHOOL 8
PASTA DAY penne pasta marinara sauce meatballs fresh veggies 11	QUESDAILLAS chicken or cheese brown rice black beans 12	BREAKFAST DAY assorted muffins cheesy eggs hashbrowns bacon 13	NO LUNCH DUE TO EARLY DISMISSAL 14	NO SCHOOL 15
NO SCHOOL 18	NO SCHOOL 19	NO SCHOOL 20	NO SCHOOL 21	NO SCHOOL 22
PASTA DAY potato and cheese pierogies steamed broccoli 25	PORK CARNITAS brown rice black beans lettuce, cheddar cheese sour cream 26	BREAKFAST DAY pancakes homemade berry syrup cheesy eggs bacon homefries 27	SANDWICH DAY cheeseburgers baked crinkle fries steamed carrots 28	PIZZA DAY whole wheat dough meatball, bacon or cheese fresh veggies 29



WELL-BALANCED MENU
A NEW APPROACH TO PEEL YOUR FAT

HEALTHY AND NATURAL INGREDIENTS

NO ARTIFICIAL FLAVORS OR COLORS