



April

2021

In Season Artichoke

One serving of artichokes provides greater antioxidant benefits per serving than many other foods traditionally considered to be antioxidant-rich.



They also provide 10.3 grams of dietary fiber, which can improve your overall digestive health.

Monday

Tuesday

Wednesday

Thursday

Friday

Cheese or Pepperoni Pizza
Vegetables
Fruit, Milk **1**

Ham & Cheese Croissant
Sandwich
Vegetables
Fruit, Milk **2**

Garlic Cheese Bread Rippers
Vegetables
Fruit, Milk **5**

Hamburger Tater Tots
Vegetables
Fruit, Milk **6**

Buffalo Bites
Vegetables
Fruit, Milk **7**

Cheese or Pepperoni Pizza
Vegetables
Fruit, Milk **8**

Mini Cheese Calzones
Marinara Cup
Vegetables
Fruit, Milk **9**

NO SCHOOL **12**
SPRING BREAK

NO SCHOOL **13**
SPRING BREAK

NO SCHOOL **14**
SPRING BREAK

NO SCHOOL **15**
SPRING BREAK

NO SCHOOL **16**
SPRING BREAK

Turkey Ham & Cheese Bread Rippers
Vegetables
Fruit, Milk **19**

Chicken Burger
Potato Wedges
Vegetables
Fruit, Milk **20**

Popcorn Chicken Muffin
Vegetables
Fruit, Milk **21**

Cheese or Pepperoni Pizza
Vegetables
Fruit, Milk **22**

Cheesy Breadsticks
Marinara Cup
Vegetables
Fruit, Milk **23**

Pizza Bread Rippers
Vegetables
Fruit, Milk **26**

Chicken Nuggets
Dinner Roll
Vegetables
Fruit, Milk **27**

Corndog Sun Chips
Vegetables
Fruit, Milk **28**

Cheese or Pepperoni Pizza
Vegetables
Fruit, Milk **29**

Soft Taco Breadsticks
Vegetables
Fruit, Milk **30**

Announcements

Grab & Go Lunch Menu

Daily Milk Options:
1% White Milk
Nonfat Chocolate Milk

Please find additional information from the Food Services Department at:
Engage.rsd407.org/foodservice

Meal Prices

Breakfast and Lunch are FREE for all children age 18 and Under.