

2023

# April


## Elementary Menu with Grab N' Go Breakfast

Highgrove, Highland, Kennedy, Lake Mathews, Longfellow, Madison, Mark Twain, Mt. View, Rivera

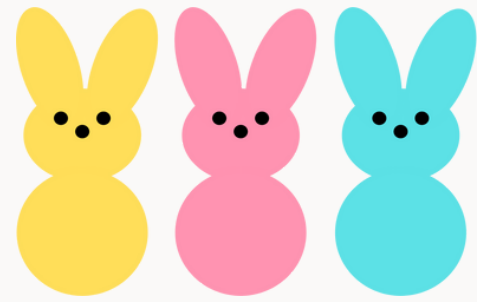
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pan Dulce Cranberries  Cheesy Nacho Bar Salad Bar Fresh Apple	4 Mini Confetti Pancakes Fresh Pear  Chicken Nuggets Dinner Roll Carrot Sticks with Ranch Orange Wedges	 5 Assorted Cereal Jungle Crackers Fresh Apple  Pepperoni or Cheese Pizza Sliders Side Salad with Carrots Fresh Strawberries Tuna Salad	6 Twin Breakfast Bar Banana  Teriyaki Chicken with Rice Fresh Broccoli Tangerines	7 Yogurt Granola Raisins  Chili Dog & Chili Hard Boiled Eggs Cool Corn Fresh Pear
10 Assorted Cereal Jungle Crackers Fresh Apple  Taco Nada Refried Beans Pear Wedges	11 Turkey Maple Pancake Wrap Tangerines  Macaroni & Cheese with Aloha Roll Carrot Coins Apple Wedges	12 Chocolate Muffin Banana  Pepperoni or Cheese Galaxy Pizza Side Salad with Carrots Fresh Strawberries	13 Assorted Cereal String Cheese Fresh Pear  Baked Chicken Corn Bread Salad Bar Orange Wedges	14 Honey Wheat Bar Cranberries  Hamburger Crinkle Fries Tangerines
17 Pan Dulce Fresh Pear  Bean & Cheese Burrito Carrot Sticks Salad - Citrus Jicama	18 Assorted Cereal Jungle Crackers Cranberries  Corn Dog Sweet Potato Fries Apple Wedges	19 Pillsbury Strawberry Mini Bagels Fresh Apple  Stuffed Crust Pizza Side Salad with Carrots Fresh Strawberries	20 Honey Wheat Bun Banana  Pancakes & Syrup, Breakfast Sausage Patty, Snap Peas, Frozen Sliced Strawberries	21 Pineapple Loaf Fruit Juice  Pork Rib-A-Que Sandwich Potato Wedges Orange Wedge
24 Twin Breakfast Bar Fresh Apple  Twin Cheeseburger Coleslaw Orange Wedges	25 Assorted Cereal String Cheese Tangerines  Orange Chicken with Rice Carrot Sticks Pear Wedges	26 Pan Dulce Banana  Pepperoni or Cheese Pizza Sliders Side Salad with Carrots Fresh Strawberries	27 Turkey Sausage Breakfast Pizza Raisins  Chicken Tenders Aloha Roll Cool Corn Apple Wedges	28 Assorted Cereal Graham Crackers Raisins  Build a Better Burger Bar BBQ Baked Beans Orange Wedge

**Notes:**

- Non-fat and low-fat milk will be offered with meals.
- Menu is subject to change due to availability of products, food allergies and other considerations.

 Contains Pork

**Breakfast and lunch are offered to all students at NO COST!**



### Un-berry-ably Healthy

- ✿ Strawberries are cholesterol-free, fat-free, sodium-free, and high in Vitamin C. An antioxidant & anti-inflammatory, Vitamin C helps to prevent chronic diseases.
- ✿ More than 1/2 of the strawberries grown in the US are produced in California.

Have you wondered where strawberries get their deep **RED** hue? A flavonoid pigment called, anthocyanin, gives berries a range of **RED TO BLUE** color. The National Institute of Health says that "anthocyanins possess **antidiabetic, anticancer, anti-inflammatory, antimicrobial, and anti-obesity effects**, [and aid in the] **prevention of cardiovascular diseases**"! We encourage the consumption of berry colorful & healthy snacks.