

APRIL

North Cols LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Hot Dog 3g on a WG Bun 25g Veg Baked Beans 30g Fruit Slushie 22g Cal: 510 Sodium: 649mg Sugar: 23g	Beef Burrito 28g Corn 19g Pears 25g Cal: 461 Sodium: 727mg Sugars :22g	Chix Salad SUB in a WG Bun 29g Green Beans 10g Banana 27g Cal: 455 Sodium: 765mg Sugar: 23g	Pizza Day WG Pizza Slice 23g Spinach Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugars: 31g	Turkey & Cheese SUB In a WG SUB 24g Mixed Veggies 19g Banana 27g Cal: 478 Sodium: 765mg Sugar: 23g
8	9	10	11	12
Chzburger on a WG Bun 30g Veg Baked Beans 30g MXD FRUIT CUP 22g Cal: 510 Sodium: 844mg Sugar: 34g:	Chix Burrito 25g Corn 19g Pears 25g Cal: 461 Sodium: 727mg Sugars :22g	Chix Patty 13g on a WG Bun 19g Fries 20g Banana 27g Cal: 579 Sodium: 786mg Sugar:45g	Pizza Day WG Pizza Slice 23g Spinach Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugars: 31g	Turkey & Cheese WRAP In a WG Tortilla 24g Mixed Veggies 18g Banana 27g Cal: 478 Sodium: 765mg Sugar: 23g
15	16	17	18	19
BBQ Chix Patty 23g on a WG Bun 19g Veg Baked Beans 30g Banana 27g Cal: 579 Sodium: 786mg Sugars: 45g	Beef Walking Taco 24g Corn 19g Mixed Fruit Cup 22g Cal: 485 Sodium: 655mg Sugars: 26g	BBQ Meatball Sub 22g on a WG Bun 28g Green Beans 10g Banana 27g Cal: 700 Sodium: 880 Sugar: 33g	Pizza Day WG Pizza Slice 23g Spinach Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugars: 31g	Turkey & Cheese SUB In a WG SUB 24g Mixed Veggies 19g Banana 27g Cal: 478 Sodium: 765mg Sugar: 23g
22	23	24	25	26
Chix Nuggets 14g Veg Baked Beans 30g Applesauce 17g Cal: 550 Sodium: 665mg Sugars: 70g	Beef Burrito 28g Corn 19g Pears 25g Cal: 461 Sodium: 727mg Sugars: 22g	Chix Salad SUB in a WG Bun 29g Green Beans 10g Banana 27g Cal: 455 Sodium: 765mg Sugar: 23g	Pizza Day WG Pizza Slice 23g Spinach Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugars: 31g	
29	30			
Hot Dog 3g on a WG Bun 25g Veg Baked Beans 30g Fruit Slushie 22g Cal: 510 Sodium: 649mg Sugar: 23g	Chix Burrito 25g Corn 19g Pears 25g Cal: 461 Sodium: 727mg Sugars :22g			Carb grams indicated in ORANGE. Milk offered with each meal:1% Milk 12g or Fat Free Chocolate 24g
<p>Menus are subject to change due to availability of food or unplanned school closings.</p> <p>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</p> <p>Contact THERESA BARNES 937-239-1453 or SAM BARNES 937-238-2510</p>				