

LAFAYETTE-PERSHING SCHOOL MENU APRIL 2017

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BREAKFAST MENU

Choose at least 3 items; one item must be a ½ cup serving of a vegetable, fruit or fruit juice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal Bowl w/1 pk. Graham Crackers or Muffin Choice of: Vegetable, Fruit Cup, Juice, Milk	Mini Pancakes or Goldfish Cracker w/Yogurt Choice of: Vegetable, Fruit Cup, Juice, Milk	Bagel w/Cream Cheese or Cereal Bowl w/1 pk. Graham Crackers Choice of: Fruit Cup or Juice Vegetable, Fruit Cup, Juice, Milk	Goldfish Cracker w/Yogurt or Cereal Bowl w/1 pk. Graham Crackers Choice of: Vegetable, Fruit Cup, Juice, Milk	Cereal Bowl w/1 pk. Graham Crackers or Mini Waffle Choice of: Vegetable, Fruit Cup, Juice, Milk

LUNCH MENU

Apr. 3	Apr. 4	Apr. 5	Apr. 6	Apr. 7
Cheesburger on WG Bun Carrot Sticks w/Dip French Fries Fruit Cup	Chicken Nuggets w/ WG Bread Slice Carrot Sticks w/Dip Candied Sweet Potatoes Fruit Cup	French Toast Sticks w/ Sausage Patty Carrot Sticks w/Dip Hash Brown Potato Fruit Cup	Chicken Stir Fry w/Brown Rice & Oriental Vegetables Carrot Sticks w/Dip Brown Rice Fruit Cup	Whole Grain Pizza w/wo Toppings Glazed Carrot Coins Seasoned Broccoli Fruit Cup
Apr. 10	Apr. 11	Apr. 12	Apr. 13	Apr. 14
Chicken Fritter w/ WG Waffle Carrot Sticks w/Dip French Fries Fruit Cup	Whole Grain Pizza w/wo Toppings Carrot Sticks w/Dip Seasoned Broccoli Fruit Cup	Baked Chicken w/WG Bread Slice & WG Pasta Salad Carrot Sticks w/Dip Mashed Potatoes Fruit Cup	American Hoagie on WG Torpedo Roll Carrot Sticks w/Dip Celery Sticks w/Dip Fruit Cup	SCHOOL CLOSED: SPRING RECESS
Apr. 17	Apr. 18	Apr. 19	Apr. 20	Apr. 21
SCHOOL CLOSED: SPRING RECESS	Hot Dog on WG Bun Carrot Sticks w/Dip Vegetarian Beans Fruit Cup	Toasted Cheese Sandwich on WG Bread Carrot Sticks w/Dip Tomato Soup Seasoned Green Beans Fruit Cup	Beef Tacos w/Brown Rice, Fixins & Salsa on Taco Shells (2) Carrot Sticks w/Dip Seasoned Broccoli Fruit Cup	Whole Grain Pizza w/wo Toppings Carrot Sticks w/Dip Kale Salad Fruit Cup
Apr. 24	Apr. 25	Apr. 26	Apr. 27	Apr. 28
Fish Filet on WG Bun Glazed Carrot Coins Potato Wedges Fruit Cup	Ham and Cheese Melt on WG Bagel w/ Tomato Soup Carrot Sticks w/Dip Seasoned Mixed Vegetables Fruit Cup	WG Pasta w/Meat Sauce & WG Breadstick Glazed Carrot Coins Kale Salad Fruit Cup	Chicken Tacos w/Brown Rice, Fixins & Salsa on Taco Shells (2) Carrot Sticks w/Dip Corn Niblets Fruit Cup	Whole Grain Pizza w/wo Toppings Carrot Sticks w/Dip Seasoned Broccoli Fruit Cup
This institution is an equal opportunity provider. ~~~~~ El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.				EMPLOYMENT OPPORTUNITIES ! Substitute Food Service Workers needed. Contact (856) 299-6300 ext. 3225 for more information.

Colleen M. Green, Food Service Director (856) 299-6300 Ext. 3225

CAUTION: Common food allergen triggers-such as, but not limited to, dairy, eggs, fish, milk, nuts, soy and wheat may have come in contact with some or all of the foods served due to cross-contamination possibility in manufacturing or service and preparation.

BREAKFAST SERVICE EVERY DAY IN THE CAFETERIA. ALL STUDENTS ARE WELCOME!

PAID BREAKFAST: \$1.50

REDUCED BREAKFAST: \$.30

Breakfast Includes:

Choice of up to 2 bread/grains,
1 cup of fruit and 1milk.

Students must select at least 3 food items including at least ½ cup of vegetable, fruit or fruit juice.

PAID LUNCH: \$2.55

REDUCED: \$.40

Lunch Includes:

Milk, Fruit, Vegetable,
Whole Grain (WG) and
Meat/Meat Alternate

Students must select one (1) serving of fruit or vegetable with their lunch

ALTERNATE LUNCH CHOICES DAILY:

PB & J on WG Bread
w/Cheese Stick or Yogurt
or Tuna on WG Bread

VARIETY OF MILK DAILY

LOW FAT/FAT-FREE

FRESH FRUIT AVAILABLE

EVERY DAY

SNACKS and BEVERAGES AVAILABLE FOR PURCHASE

PLEASE KEEP A POSITIVE BALANCE IN YOUR CHILD'S MEAL ACCOUNT

MAKE ONLINE PAYMENTS AT WWW.PAYPAMS.COM

MENU SUBJECT TO CHANGE

Website of the Month:
www.superkidsnutrition.com