

April 2018

Lisbon Grade School

LUNCH



Choice of Low Fat White, Fat Free White or Fat Free Chocolate Milk served daily.

Fruit Juice & Desserts served on occasion.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

No
School

2

Chicken Patty on Bun
Potato Smiles
Fruit
Pudding Cup

3

Meatball Sandwich w/
Marinara Sauce
Lettuce Salad w/ Dressing
Fruit, Fruit Snacks

4

Sausage, Egg &
Cheese Wrap
Hash Brown
Fruit, Orange Juice

5

Pork Riblet on Bun
Baked Beans
Fruit
Jell-O Cup

6

Hot Turkey
Mashed Potatoes & Gravy
Fruit
Cookie

9

Beef Tacos
Nacho Chips
Salsa, Sour Cream
Carrots, Fruit

10

Hot Dog on Bun
Lettuce Salad w/ Dressing
Fruit
Pudding Cup

11

Macaroni and Cheese
Green Beans
Fruit
Rice Krispy Treat

12

Hamburger or
Cheeseburger on Bun
Baked Beans
Fruit, Jell-O Cup

13

Cheese-filled
Breadstick w/ Marinara
Green Beans
Fruit, Granola Bar

16

Chicken Nuggets
Baked Beans
Fruit
Pudding Cup

17

BBQ on Bun
Potato Smiles
Fruit
Jell-O Cup

18

Mini Corn Dogs
Nacho Chips & Cheese
Carrots
Fruit, Fruit Snacks

19

Double Stuffed Pizza
Lettuce Salad & Dressing
Fruit
Rice Krispy Treat

20

Salisbury Steak
Mashed Potatoes & Gravy
Garlic Texas Toast
Fruit

23

Corn Dog
Baked Beans
Fruit
Rice Krispy Treat

24

French Toast Sticks
Sausage Patty
Tator Tots
Fruit

25

Grilled Italian
Chicken Breast on Bun
Caesar Salad
Fruit, Pudding Cup

26

Pretzels w/ Cheese
Corn
Fruit
Jell-O Cup

27

Beef Tacos
Nacho Chips
Salsa, Sour Cream
Corn, Fruit

30

