



Menu for April 2018

Mount Yonah Elementary School

Becky Lingerfelt, Manager



Monday, April 2	Tuesday, April 3	Wednesday, April 4	Thursday, April 5	Friday, April 6

Monday, April 9	Tuesday, April 10	Wednesday, April 11	Thursday, April 12	Friday, April 13
Steak Fingers with Gravy Chicken Sliders Mashed Potatoes Broccoli with Cheese Tossed Salad Roll	Chicken Fajita Nachos Cheese Quesadilla Pinto Beans Corn Nacho Fixings Pudding	General Tso's Chicken with Rice Ribeye Eggrolls Diced Carrots Tossed Salad Texas Toast	Domino's Cheese Pizza Domino's Pepperoni Pizza Grilled Cheese Sandwich Tomato Soup Green Peas Veggie Dippers	Cheeseburger BBQ Sandwich French Fries Bakes Beans Tossed Salad Fruit Ice

Available Daily:

Salads and Fruit available daily with lunch.

Breakfast Items include: Biscuit or Choice of Entrée, Cereal, Muffins, Assorted Fruits and Juices, and Choice of Milk.

Morning Snack Packs are available in the hall for those students who choose to not eat in the Cafeteria.

Daily Milk Choices include 1%, fat free chocolate and strawberry milk.

Full Meal Prices: Breakfast free, Lunch: \$1.90, reduced price \$0.40

School Staff: Breakfast \$1.50, Lunch \$3.25

Visitors: Breakfast \$1.50, Lunch \$3.50

Menu subject to change due to availability.

This institution is an equal opportunity provider.

Monday, April 16

Chicken Alfredo
Corn dog
Broccoli and
Cauliflower
Carrots
Texas Toast
Tossed Salad

Tuesday, April 17

Taco Tuesday



Walking
Tacos
(new!)

Cheese Quesadilla
Pinto Beans
Corn
Taco Fixings

Wednesday, April 18

Chicken Tenders
Yogurt Plate
Mashed Potatoes
Green Peas
Tossed Salad
Roll

Thursday, April 19

Domino's
Cheese Pizza
Domino's
Pepperoni Pizza
Bacon Chicken Club
Sandwich
Tri-Taters
Corn
Tossed Salad

Friday, April 20

Ravioli
Hotdog
Potato Smiles
Green Beans
Coleslaw
Brownie



Monday, April 23

National Picnic Day

Chicken Drumstick
Corn dog
Mac-n-Cheese
Green Beans
Tossed Salad
Roll
Ice Cream

Tuesday, April 24

Chicken and Waffles
Toasted Cheese
Sandwich
Cheesy Grits
Carrot Dippers
Fruit Ice or
Fresh Fruit

Wednesday, April 25

Cheesy Breadsticks
with
Marinara Sauce
Ribeque
Alfredo Pasta
Broccoli
Tossed Salad

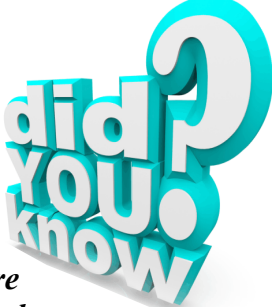
Thursday, April 26

Domino's
Cheese Pizza
Domino's
Pepperoni Pizza
Deli Sandwich
Chicken Noodle Soup
Corn
Tossed Salad

Friday, April 27

Spaghetti and
Meatballs
Cuban Sandwich
Potato Smiles
Carrots
Texas Toast
Tossed Salad

All cafeteria charges must be paid by the end of the school year. Please check your child's account balance and make plans to pay it before the end of this school year. If you have any questions, please call the School Nutrition Office at 706-865-2315 ext. 1703.



Monday, April 30

Chicken Strips
with Gravy
Deli Sandwich
Mashed Potatoes
Green Peas
Tossed Salad
Biscuit

Best Ways to enjoy Blueberries:

- Take a handful and pop them in your mouth.
- Top blueberries with sugar, milk or cream; or add to cereal for breakfast.
- Drop fresh blueberries in sparkling water for a refreshing afternoon drink.
- Add a tangy twist to poultry, fish and meat by adding blueberry sauce.
- Mix blueberries with other fruits like strawberries, raspberries, peaches, cantaloupe and honeydew melon for fresh fruit salad.
- For a delicious breakfast, make blueberry waffles or pancakes and top with blueberry syrup.
- Blueberries make tasty jams, jellies, and preserves.
- Fill meringue shells with blueberries and top with whipped cream for an elegant dessert.

