

April 2017

LOMIRA MEAL MENU

LUNCH



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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

Crazy Mixed up Spaghetti **3**
Warm Garlic Breadstick
Buttered Corn
Chilled Pears
Brkfst: Biscuit & Gravy
Ala Carte: Hot Dog on Bun

Tuesday

Chicken Nuggets **4**
Mash Potato
Sweet Baby Peas
Chilled Orange Wedges
Brkfst: Pancake & Sausage
Ala Carte: Hot Ham Sandwich

Wednesday

Meaty Nacho's **5**
Chips, Meat, Cheese, etc.
Refried Beans
Chilled Mixed Fruit
Brkfst: Hashbrown Bake
Ala Carte: Bacon Cheeseburger

Thursday

Baked Fish Tenders **6**
Lettuce Salad
Steamed Hot Vegetable
Chilled Pears
Brkfst: Brkfst. Wrap
Ala Carte: Spaghetti Bowl

Friday

Soft Pancakes **7**
Cheesy Omlet
Blueberry Muffin
Chilled Applesauce
Brkfst: Yogurt Parfait
Ala Carte: Baked Fish

10

SPRING BREAK

11

SPRING BREAK

12

SPRING BREAK

13

SPRING BREAK

14

SPRING BREAK

17

Elem.-Hot Dog on Bun
MS/HS-BBQ Ribb or Salis.Stk
Homemade Baked Beans
Chilled Peaches
Brkfst: Biscuit & Gravy
Ala Carte: Mac & Cheese Bowl

18

Baked Chicken w/Bone In
Buttered Noodles
Steamed Corn
Chilled Mandarin Oranges
Brkfst: Pancake on Stick
Ala Carte: Mash Potato Bowl

19

Cheeseburger on Bun
Golden French Fries
Cheesy Broccoli
Chilled Pears
Brkfst: Hashbrown Bake
Ala Carte: Stuffed Breadstick

20

Soft Shell Taco w/Fixin's
Spanish Rice Medley
Seasoned Black Beans
Chilled Pineapple
Brkfst: Bacon Scramble
Ala Carte: Big Burito

21

Nardones Cheese Pizza
Golden Potato Puffs
Fresh Carrots
Chilled Applesauce
Brkfst: Yogurt Parfait
Ala Carte: Fish Sandwich

24

Chicken Patty on Bun
Krispy Hashbrown
Steamed Peas & Carrots
Chilled Mixed Fruit
Brkfst: biscuit & Gravy
Ala Carte: Big Corn Dog

25

Chicken Alfredo
Garlic Breadstick
Fresh Cucumber & Tomato
Chilled Peaches & Cookie
Brkfst: Mini Pancake Bites
Ala Carte: Nacho's Grande

26

Hot Ham on Bun
Mash Potato & Gravy
Buttered Corn
Chilled Applesauce
Brkfst: Hashbrown Bake
Ala Carte: Pizza

27


Cheesy Calzone
Lettuce Salad
Fresh Vegees & Ranch
Chilled Pears
Brkfst: Waffle & Sausage
Ala Carte: Soup & Sandwich

28

Cold Ham Sub Sandwich
Bag of Chips
Steamed Mixed Vegetables
Chilled Mand./Pineapple Mix
Brkfst: Yogurt Parfait
Ala Carte: Muffin & Yogurt



April Showers will
Bring May Flowers !!

Enjoy your Spring 
Break!! See you on
April 17th !!

