

North Lakes

MENU

April

→→→→→ LUNCH

LUNCH PRICES: Student - \$3.25, Red
Extra Entrée & Side - \$1.00, Adult

SERVED DAILY AT EVERY MEAL (PLANNED PORTION SIZE & APPROXIMATE NUTRIENT CONT

Fresh Green **Salad** (1 per meal) - Leafy Lettuce Blend, Caesar, Spinach Mix, **OR** Oriental (1/2 cup = 15 calories, 3 g carb, Low Fat Dressing/Dip (2 T = 45 cal, 5 g fat)

Fresh **Veggies** (1-2 per meal) - Carrots, Celery, Broccoli, Cauliflower, Cucumber, **OR** Tomatoes (1/4 c = 15 cal, 3 g carb)

Fresh **Fruit** (1-2 per meal) - Apple, Orange, Banana, Cantalope, Grapes, **OR** Watermelon (1/2 c = 60 cal, 15 g carb)

Variety of **Milk**, including **Skim** (1/2 pint = 90 cal, 12 g carb, 8 g pro, >1 g fat)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		QUESTIONS? CONTACT SCHOOL OFFICE @ 651-982-2773 or DONE RIGHT FOOD @ 651-702-5998 or www.donerightfood.com	
		1st Chicken Taco Mexican Rice Salad, Veggies, Fruit, Milk	
5th	6th	7th	8th
NO SCHOOL TODAY	Spaghetti w/Meatsauce Garlic Toast Salad, Veggies, Fruit, Milk	Chicken Fajita Wrap Latin Rice Pilaf Salad, Veggies, Fruit, Milk	Philly Cheesesteak Roasted Potatoes Salad, Veggies, Fruit, Milk
12th	13th	14th	15th
Beef Taco Salad Fruit Churro Veggies, Fruit, Milk	Multi-cheese Pita Melt Soft Breadstick Salad, Veggies, Fruit, Milk	Hot Turkey Sandwich Mashed Potatoes Salad, Veggies, Fruit, Milk	Beef Lasagna French Bread Salad, Veggies, Fruit, Milk
19th	20th	21st	22nd
Beef Gyro on Pita Bread Rice Pilaf Salad, Veggies, Fruit, Milk	Turkey Mostacolli Garlic Toast Salad, Veggies, Fruit, Milk	Grilled Cheese Sandwich Deli Coleslaw Salad, Veggies, Fruit, Milk	Beef & Cheese Burrito Refried Beans Salad, Veggies, Fruit, Milk
26th	27th	28th	29th
BBQ Chicken Sub Potato Wedges Salad, Veggies, Fruit, Milk	Beef Quesadilla Spanish Rice Salad, Veggies, Fruit, Milk	Southwest Mac & Cheese Garlic Breadstick Salad, Veggies, Fruit, Milk	Swedish Meatballs Mashed Potatoes & Roll Salad, Veggies, Fruit, Milk

→→→ BREAKFAST

PRICES: Student - \$1.75, Reduced - \$0.75

SERVED DAILY AT EVERY MEAL (PLANNED PORTION SIZE & APPROXIMATE NUTRIENT CONT

Fruit Juice - Apple, Orange, or Grape (1/2 c = 60 cal, 15 g carb)

Variety of **Milk**, including **Skim** (1/2 pint = 90 cal, 12 g carb, 8 g pro, >1 g fat)

Mondays	Tuesdays	Wednesdays	Thursdays
Assorted Muffins String Cheese Fruit, Milk	Southern Biscuit & Jelly Hard-boiled Egg Fruit, Milk	Breakfast Cereal Low-Fat Yogurt Fruit, Milk	Mini Breakfast Loaves Cheese Stick Fruit, Milk

ALL MENUS SUBJECT TO INFREQUENT CHANGE BASED ON AVAILABILITY OF ITEMS

Note: Menus may use ingredients that contain peanut, other nut/seed, milk, egg, soybean, and other pro

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uced - \$.40,

- \$3.50

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ohydrate, 1 g protein)

g carb, 1 g pro)

g carb)

FRIDAY

2nd

NO

SCHOOL

TODAY

9th

Cheesy Breadsticks
w/Marinara Sauce
Salad, Veggies, Fruit, Milk

16th

BBQ Chicken Legs
Potato Salad & Roll
Salad, Veggies, Fruit, Milk

23rd

Chicken Caesar Salad
Soft Breadstick
Veggies, Fruit, Milk

30th

Italian Chicken Sandwich
Pasta Salad
Salad, Veggies, Fruit, Milk

Adult - \$2.00

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Fridays

New York Bagel
Cream Cheese or PB
Fruit, Milk

ducts.