



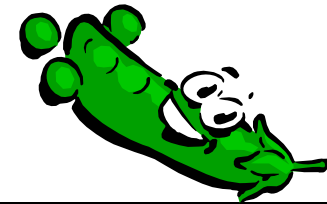


# APRIL 2010 Holy Family School

Name \_\_\_\_\_ Room \_\_\_\_\_

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
| 5<br><b>NO SCHOOL</b>  | 6<br>Macaroni & Cheese <br>Hot Dog on Bun<br>Stewed Tomatoes <input type="checkbox"/><br>Carrot Sticks/FF Dip <input type="checkbox"/><br>Grapes                       | 7 Taco Salad w/Tostitos<br>Cheese/ Salsa<br>Shredded Lettuce/Tomato<br>Mexican Rice <input type="checkbox"/><br>Black Bean Salad <input type="checkbox"/><br>Fruit   | 8<br>Chicken Nuggets/BBQ Sauce<br>Whole Grain Roll<br>Green Beans <input type="checkbox"/><br>Seasonal fruit <input type="checkbox"/><br>Yogurt Cake        | 9<br>Pizza Party <input type="checkbox"/> Regular<br>Tossed Salad w/LF Dressing <input type="checkbox"/> Cheese<br>Fruit<br>Snack Mix <input type="checkbox"/> Extra Slice   |
| 12<br>Kids Turkey "Subway" Sandwich<br>Lettuce/Tomato <input type="checkbox"/><br>1/2 oz. Chips <input type="checkbox"/><br>Carrot Sticks/FF Dip <input type="checkbox"/><br>Fruit | 13 Hamburger w/choice of Cheese on WW Bun <br>Lettuce/Tomato/Pickle<br>Onion Rings <input type="checkbox"/><br>Cucumber Salad/FF Dip <input type="checkbox"/><br>Fruit | 14<br>Rotini w/Meat Sauce<br>Italian Bread<br>Garden Salad/LF Dressing <input type="checkbox"/><br>Pears   | 15<br>Mozzarella Sticks/Sauce<br>Whole Wheat Breadstick<br>Caesar Salad/LF Dressing <input type="checkbox"/><br>Grapes <input type="checkbox"/><br>Goldfish | 16 <br>Pizza Party <input type="checkbox"/> Regular<br>Carrot Sticks w/ FF Dip <input type="checkbox"/> Bagel<br>Fruit<br>Pretzel Rods <input type="checkbox"/> Extra Slice |
| 19<br>French Toast Sticks/Syrup<br>Low Fat Sausage <input type="checkbox"/><br>100% Juice <input type="checkbox"/><br>Fruit <input type="checkbox"/><br>Goldfish                   | 20<br>Sloppy Joe on WW Bun<br>Hash Browns<br>Corn <input type="checkbox"/><br>Fruit <input type="checkbox"/><br>Goldfish  | 21<br>Baked Ziti/Meat Balls<br>Whole Wheat Breadstick<br>Caesar Salad/LF Dressing <input type="checkbox"/><br>Sliced Apples/FF Caramel Dip <input type="checkbox"/><br>Oatmeal Bar   | 22<br>Chicken Patty on Wheat Bun<br>Lettuce/Tomato/Pickle<br>Broccoli Salad <input type="checkbox"/><br>Healthy Brownie <input type="checkbox"/>            | 23<br>Pizza Party <input type="checkbox"/> Regular<br>Garden Salad w/LF Dressing <input type="checkbox"/> Cereal<br>Fruit<br>Graham Crackers <input type="checkbox"/> Extra Slice  |
| 26<br>Chicken Tenders<br>Mashed Potatoes<br>Cranberry Sauce <input type="checkbox"/><br>Corn <input type="checkbox"/><br>Mini Soft Pretzel   | 27<br>Hamburger/Cheese on WW Bun<br>Cheese Fries<br>Tossed Salad/LF Dressing <input type="checkbox"/><br>Fruit <input type="checkbox"/><br>Pudding  | 28 <br>Tacos/Cheese/Salsa<br>Shredded Lettuce/Tomato <input type="checkbox"/><br>Cornbread <input type="checkbox"/><br>Carrot Sticks/FF Dip <input type="checkbox"/><br>Fruit | 29<br>Pizza Party<br>Celery Sticks/FF Dip <input type="checkbox"/><br>Fruit <input type="checkbox"/><br>Oatmeal Cookie                                      | 30<br><b>NO SCHOOL</b><br><input type="checkbox"/> Regular<br><input type="checkbox"/> Bagel   |

Sugar Snap Peas are edible-podded peas. They are low in saturated fat, cholesterol and sodium. Sugar Snap Peas are a good source of dietary fiber, Vitamin A, Vitamin C, Vitamin K, Vitamin B6 and potassium.



Date Due: \_\_\_\_\_  
 # of days \_\_\_\_\_ X \$3.10 = \_\_\_\_\_  
 # of days \_\_\_\_\_ X \$1.00 = \_\_\_\_\_ (Extra Slice of Pizza)  
 Total Enclosed = \_\_\_\_\_

CHOICE OF MILK WITH ALL MEALS

MENU SUBJECT TO CHANGE

Sample Boxes  Regular

Cheese Sandwich or Bagel or Cereal depending on week

Extra Slice

Bag lunch includes Bagel w/Cream Cheese or Cheese Sandwich (depending on week), Fruit or 100% Juice, Veggie, Snack & Milk.  
 Bag cereal lunch includes Cereal, Yogurt, Juice, Veggie, Snack & Milk.