

# HOWARDS GROVE LUNCH MENU

April 21<sup>st</sup> to May 22<sup>nd</sup>  
MIDDLE SCHOOL



Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Choices Garden Bar Pizza sandwich
closed	<b>22 Popcorn Chicken Bowl</b> <i>*mashed potato, stuffing, gravy mixed veggies</i>  <b>Turkey and Cheese sandwich, goldfish and string cheese</b>  Garden Bar-Choice of Fruit	<b>23 Classic American Hamburger with sweet potato wedges</b>  <b>Turkey and Cheese sandwich, goldfish and string cheese</b>  Garden Bar-Choice of Fruit	<b>24 "club sandwich" pinwheel wraps with tator tots</b>  <b>Turkey and Cheese sandwich, goldfish and string cheese</b>  Garden Bar-Choice of Fruit	<b>25 Bird Dog Sandwich and tri-tators</b> <i>*crispy chicken tenders, cheddar cheese and bacon on a hoagie roll</i> <b>Turkey and Cheese sandwich, goldfish and string cheese</b>  Garden Bar-Choice of Fruit	<b>Salad Blend radishes</b> <b>Cucumbers</b> <b>Whole Fresh Apples</b> <b>Mandarin Oranges</b> <b>Kiwi strawberry slushie</b>  Meat Lovers Pizza Grilled chicken wrap
<b>28 Doritos Chicken Walking Tacos with sour cream and salsa</b> Mexicali corn  <b>"Breakfast fun lunch"-fruit and yogurt parfait, granola bar, cheese its</b>  Garden Bar-Choice of Fruit	<b>29 Cheese egg bites, hashbrown and waffle</b>  <b>"Breakfast fun lunch"-fruit and yogurt parfait, granola bar, cheese its</b>  Garden Bar-Choice of Fruit	<b>30 Turkey and Cheese Croissant Sandwich with smile fries</b>  <b>"Breakfast fun lunch"-fruit and yogurt parfait, granola bar, cheese its</b>  Garden Bar-Choice of Fruit	<b>1 Chicken Fries and sweet potato straws</b> BBQ baked beans  <b>"Breakfast fun lunch"-fruit and yogurt parfait, granola bar, cheese its</b>  Garden Bar-Choice of Fruit	<b>2 Pizza Joe Sandwich with wedges</b> Seasoned Peas  <b>"Breakfast fun lunch"-fruit and yogurt parfait, granola bar, cheese its</b>  Garden Bar-Choice of Fruit	<b>Salad Blend</b> <b>Baby Carrots</b> <b>Celery sticks</b> <b>Applesauce</b> <b>Sliced Peaches</b> <b>Fresh Naval Orange Wedges</b>  BBQ Chicken Pizza Ham and cheese sliders
<b>5 Whole grain chicken tenders and tator tots</b> Seasoned peas/carrots  <b>Blueberry muffin, raspberry yogurt, whole grain cheese-its</b>  Garden Bar-Choice of Fruit	<b>6 Beef Nachos-</b> served with sour cream and salsa-seasoned black beans  <b>Blueberry muffin, raspberry yogurt, whole grain cheese-its</b>  Garden Bar-Choice of Fruit	<b>7 Cinnamon French toast sticks, hashbrown and Sausage</b>  <b>Blueberry muffin, raspberry yogurt, whole grain cheese-its</b>  Garden Bar-Choice of Fruit	<b>8 Whole Grain Breaded Chicken patty on Wheat bun</b>  <b>Blueberry muffin, raspberry yogurt, whole grain cheese-its</b>  Garden Bar-Choice of Fruit	<b>9 Whole Grain Cheese Pizza calzone</b> <b>Mixed Veggies</b>  <b>Blueberry muffin, raspberry yogurt, whole grain cheese-its</b>  Garden Bar-Choice of Fruit	<b>Salad Blend</b> <b>Broccoli Florets</b> <b>Cherry Tomatoes</b> <b>Mixed Fruit</b> <b>Fresh Apple slices</b> <b>Easy Peeling Cuties</b>  Cheeseburger Pizza Ham, turkey, cheese on pretzel roll
<b>12 Buffalo Chicken Wings with veggies and blue cheese</b> Seasoned peas <b>Whole Grain soft Pretzel with creamy cheddar dipping sauce, string cheese, and hard boiled egg</b> Garden Bar-Choice of Fruit	<b>13 Hot dog on a bun with sidewinder potatoes</b> Seasoned corn  <b>Whole Grain soft Pretzel with creamy cheddar dipping sauce, string cheese, and hard boiled egg</b> Garden Bar-Choice of Fruit	<b>14 BBQ Chicken Drumsticks w/Brown Rice</b> Steamed Broccoli  <b>Whole Grain soft Pretzel with creamy cheddar dipping sauce, string cheese, and hard boiled egg</b> Garden Bar-Choice of Fruit	<b>15 Classic Cheeseburger with smile fries</b> BBQ baked beans  <b>Whole Grain soft Pretzel with creamy cheddar dipping sauce, string cheese, and hard boiled egg</b> Garden Bar-Choice of Fruit	<b>16 Mozzarella stuffed breadsticks with chunky marinara</b> Crinkle cut carrots <b>Whole Grain soft Pretzel with creamy cheddar dipping sauce, string cheese, and hard boiled egg</b> Garden Bar-Choice of Fruit	<b>Salad Blend</b> <b>Bell Pepper Slices</b> <b>Pea Pods</b> <b>Sliced Pears</b> <b>Fresh Grapes</b> <b>Strawberry Applesauce</b>  Sausage Pizza Ham and Cheese on Rye

\*\*All 4 entrée options include our prepared veggie, Garden Bar and fruit– a varied selection of cut veggies, salad blend, whole and cupped fruit to round out your child's meal selections

\*\*All meals include 1 cup choice of chocolate skim milk or unflavored 1% milk

# HOWARDS GROVE LUNCH MENU

April 21<sup>st</sup> to May 22nd  
MIDDLE SCHOOL



Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Choices Garden Bar Pizza Sandwich
<p><b>19 Whole Grain Chicken Nuggets, dinner roll and sweet potato fries</b> Lean Mean Green Beans</p> <p><b>American Sub Sandwich, string cheese, pretzels</b></p> <p>Garden Bar-Choice of Fruit</p>	<p><b>20 Honey Corn dog nuggets with baked potato wedges</b> Steamed Broccoli</p> <p><b>American Sub Sandwich, string cheese, pretzels</b></p> <p>Garden Bar-Choice of Fruit</p>	<p><b>21 Chicken and Cheese Quesadilla served with seasoned refried beans</b> Crinkle Cut Carrots</p> <p><b>American Sub Sandwich, string cheese, pretzels</b></p> <p>Garden Bar-Choice of Fruit</p>	<p><b>closed</b></p>	<p><b>closed</b></p>	<p><b>Salad Blend</b> Cauliflower Cucumbers <b>Red Delicious Apples</b> <b>Pineapple Chunks</b> Bananas</p> <p>Garlic French Bread Pizza Turkey-Cheddar on hard roll</p>

\*\* All 4 entrée options include our prepared veggie, Garden Bar and fruit– a varied selection of cut veggies, salad blend, whole and cupped fruit to round out your child’s meal selections

\*\* All meals include 1 cup choice of chocolate skim milk or unflavored 1% milk