









Food Focus: Yogurt which has adequate nutrition plays a major role in the prevention and treatment of osteoporosis, and the micronutrients of greatest importance are calcium and Vitamin D. The combination of calcium and vitamin D has a clear skeletal benefit. So go and grab some yogurt for breakfast or lunch.

**Community High School & Pathways To Success Lunch April 1 - April 5, 2019**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>create</b>	<b>Baked</b>	<b>Domino's Pizza</b>	<b>Mac &amp; Cheese</b>	<b>Nachos</b>	<b>Chicken Parmesan</b>
	Ziti		Seasoned Broccoli		Spaghetti Noodles Pasta Sauce
	Savory Green Beans		Dinner Roll		Dinner Roll
	Bread Stick				
<b>Hamburger and Cheeseburgers offered Daily</b>					
<b>grilled</b>	<b>Hot Smokey Ham &amp; Cheese Sandwich</b>	<b>Toasted Tomato &amp; Cheese Sandwich</b>	<b>Bosco w/Pizza Sauce</b>	<b>Spicy Chicken Tenders w/Dinner Roll</b>	<b>Burger w/Bacon</b>
	Tater Tots	Baked Fries	Baked Fries	Tater Tots	Baked Fries
<b>EXTRA! EXTRA!</b>	Mixed Green Salad	Tomato and Cucumber Salad	Spinach and Veg Salad	Mixed Green Salad	Corn Salad with Ranch
	Broccoli Florets	Garbanzo Bens	Fresh Cherry Tomatoes	Green Peas	Marinated Cool Cucumbers
	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit
	 Fresh Whole Fruit	 Fresh Whole Fruit	 Fresh Whole Fruit	 Fresh Whole Fruit	 Fresh Whole Fruit

This Institution is an equal opportunity provider.

 = "Farm to School" Local Produce

""Simply Good" Food Focuses: All items in color are our "Simply Good" Food Focuses for **March**. This month our nutrition education focuses are on the health benefits of **Whole Grains**

A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, two (2) fruit side dishes, and a choice of milk. Milk choices include skim white and skim chocolate.

