









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 skeleton benefit. So go grab some yogurt for breakfast and lunch.

Community High School & Pathways To Success Lunch April 8 - April 12, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
create	Pasta Bar <i>Marinara Sauce</i> <i>Alfredo Sauce</i> <i>Seasoned Peas</i> <i>Dinner Roll</i>	Domino's Pizza	General Tso's <i>Fried Rice</i> <i>Asian Vegetable Blend</i> <i>Sesame Bread Stick</i>	Nachos	Hot Dog Bar <i>Beef Hot Dogs</i> <i>Cheddar Cheese</i> <i>Baked Fries</i> <i>Toppings</i>
	Hamburger and Cheeseburger Offered Daily				
grilled	Turkey Melt <i>Crinkle Fries</i>	Swedish Meatball Sub <i>Tater Tots</i>	Black bean Burger <i>Waffle Fries</i>	Italian Chicken Parm Sandwich <i>Potato Wedges</i>	Reuben Sandwich <i>Tater Tots</i>
	<i>Mixed Green Salad</i> <i>Fresh Carrots</i> <i>Assorted Chilled Fruit</i>  <i>Fresh Whole Fruit</i>	<i>Sesame Broccoli Salad</i> <i>Red Bell Peppers Strip</i> <i>Assorted Chilled Fruit</i>  <i>Fresh Whole Fruit</i>	<i>Corn & Pepper Salad</i> <i>Garbanzo Beans</i> <i>Assorted Chilled Fruit</i>  <i>Fresh Whole Fruit</i>	<i>Chilled Kidney Bean Salad</i> <i>Fresh Green Peppers</i> <i>Assorted Chilled Fruit</i>  <i>Fresh Whole Fruit</i>	<i>Mixed Green Salad</i> <i>Sliced Cucumbers</i> <i>Assorted Chilled Fruit</i>  <i>Fresh Whole Fruit</i>

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 **April** This month our nutrition education focuses are on the health benefits of

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



