

Mt. Ararat Middle School

Meal Prices
Lunch \$2.75 Reduced
\$.40 Free \$.00



April



This institution is an equal opportunity provider.

**** Please note that students can select 1 main item and must choose at least two accompanying items to make a meal: One selection must be a 1/2 cup fruit/veg component. Choose All 5 for the best nutrition!**

Monday	Tuesday	Wednesday	Thursday	Friday
² Chicken Nuggets Fish Sticks Baked Potato with Toppings Peas and Carrots WW Roll Fresh Fruit & Salad Bar Choice of Milk SOW: BLT Chicken Cobb	³ Tacos Pasta & Meat Sauce Chili & Corn Muffin Spanish Rice Fresh Fruit & Salad Bar Choice of Milk SOW: BLT Chicken Cobb	⁴ Tony's Pizza Rounds Hot Ham & Cheese MAMS Chicken Salad on Ciabatta Watermelon Fresh Fruit & Salad Bar Choice of Milk SOW: BLT Chicken Cobb	⁵ Burgers Chicken Noodle Soup w/Biscuit Sweet & Sour Shrimp Bowl with Rice & Egg Roll Tater Tots Fresh Fruit & Salad Bar Choice of Milk SOW: BLT Chicken Cobb	⁶ Herbed Bosco Sticks BBQ Rib Sandwich Beef and Gravy Over Potato WW Roll Green Beans Fresh Fruit & Salad Bar Choice of Milk SOW: BLT Chicken Cobb
⁹ Popcorn Chicken Shepherd's Pie Taco Soup with WG Chips Steamed Broccoli Fresh Fruit & Salad Bar Choice of Milk	¹⁰ Breakfast Plate Steak Subs Pasta & Red Sauce Squash Fresh Fruit & Salad Bar Choice of Milk	¹¹ MAMS Pizza Teriyaki Chicken & Broccoli over Rice Veggie Sticks & Hummus Fresh Fruit & Salad Bar Choice of Milk	¹² Hot Dogs Home Made Mac & Cheese Baked Beans Coleslaw Linda's Choice Fresh Fruit & Salad Bar Choice of Milk	¹³ Early Dismissal Bagged Lunches
¹⁶ Spring Break No School	¹⁷ Spring Break No School	¹⁸ Spring Break No School	¹⁹ Spring Break No School	²⁰ Spring Break No School
²³ Chicken Tenders Meatball Subs Mashed Potato Steamed Corn Fresh Fruit & Salad Bar Choice of Milk SOW: BBQ Ranch Chicken	²⁴ American Chop Suey Chicken or Cheese Quesdilla Tomato Soup with Grilled Cheese Spinach Fresh Fruit & Salad Bar Choice of Milk SOW: BBQ Ranch Chicken	²⁵ Pizza Day Pulled Pork Sandwich Veggie Lo Mein Sunbutter Bars Fresh Fruit & Salad Bar Choice of Milk SOW: BBQ Ranch Chicken	²⁶ Corn Dogs French Toast & Sausage Spicy Thai Chicken over Rice Carrots Fresh Fruit & Salad Bar Choice of Milk SOW: BBQ Ranch Chicken	²⁷ Chicken Patty Taco Spaghetti Buffalo Chicken Dip w/ Tortilla Chips Cauliflower Fresh Fruit & Salad Bar Choice of Milk SOW: BBQ Ranch Chicken
³⁰ Chicken Fries Mozzarella Sticks Green Beans WW Roll Fresh Fruit & Salad Bar Choice of Milk SOW: Ham Chef	All of our bread products are whole grain.	April is Stress Awareness Month. It has been held every April, since 1992. Did you know that eating well and getting plenty of sleep helps with stress?		Get off to a Good Start, Eat <i>Breakfast!</i>

Menu Subject to Change without Notice

