

Menus for

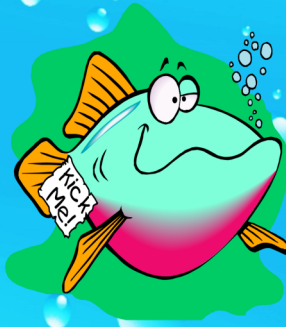
April 2024

Fannin County High School

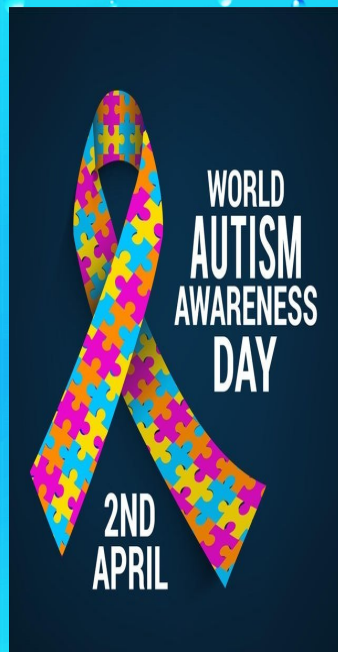


This institution is an equal opportunity provider. Menus are subject to change.

April FISH?



In France, April Fool's Day is called "April Fish Day" and the person you play a prank on is called the "poisson d'Avril" -- THE APRIL FISH! No, really, it's true!



eatfit

wanna stay fit?
gotta eat right!



item: Hard-boiled Eggs

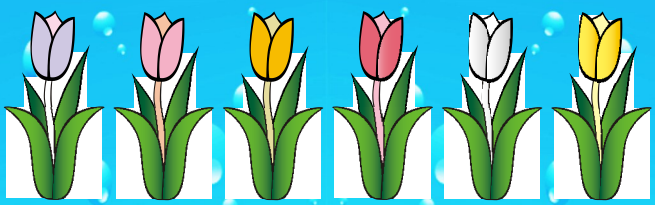
verdict: Can't be beat!

tip: Although most hard-boiled eggs aren't as fancy as this one, you find a lot of them around this time of year. And when you see one, you should eat it -- whether it's decorated or not. A hard-boiled egg is a convenient, inexpensive source of high-quality protein, with just a little fat and not a lot of calories.



SPRING BREAK

Break begins at the end of classes:
Thursday, March 28
Classes resume:
Monday, April 8



EMERGENCY MAKE UP DAYS

Featured Specials of the Day

Monday, April 8

BBQ Pork Sandwich, Southern Chicken Salad, Cole Slaw, Baked Beans, Fresh Veggie Dippers, 100% Fruit Juice, Sliced Peaches

Tuesday, April 9

Popcorn Chicken w/Roll, Ham Cobb Salad, Creamed Potatoes, Gravy, Steamed Broccoli, Black-eyed Peas, 100% Fruit Juice, Fresh Apple Slices

Wednesday, April 10

Soft Shell Beef Tacos, Thai Chicken Salad, Refried Beans, Fresh Veggie Dippers, Corn, Cheese Cup, 100% Fruit Juice, Seasonal Fresh Fruit

Thursday, April 11

Thai Chicken Bowl w/Asian Rice & Roll, Turkey Deluxe Rebel Wrap, Oriental Vegetables, Sweet Potato, Popeyed Salad, 100% Fruit Juice, Banana

Friday, April 12

Chili w/ Grilled Cheese Sandwich, Southwest Chicken Salad, Baked Potato, Corn, Fresh Veggie Dippers, 100% Fruit Juice, Seasonal Fresh Fruit

Please see the other page for items available daily



SPORTS HER WAY

Girls' participation in high school sports continues to grow. Girls now make up 43% of all high school athletes, and girls who play high school sports are 73% more likely to graduate from college than girls who don't play a sport. The fastest growing high school sport in the U.S. is girls lacrosse, which showed a 53% jump in the number of participants during the 2010s.

Available Daily

A Choice of Milk:

Fat Free—Chocolate, 1%—White

Mini Corn Dogs Monday

Griller Hamburger Tuesday

Griller Cheeseburger Thursday

All Beef Hot Dog Friday

Stuffed Crust Pizza Monday, Wed. & Fri.

Chicken Filet Sandwich Tuesday & Thursday

Beefsteak Sandwich Wednesday

Students may add fruit, vegetable, & milk to any entrée to make a complete meal.

Si es necesario que esta información sea traducida en su idioma, por favor de comunicarse con la escuela de su hijo.

TIME TO BLOSSOM.

The flowers are coming out of hiding – and so should you! That resolution to exercise more that seemed so hard in the cold light of January is much more do-able as the weather warms!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Featured Specials of the Day

Monday, April 15

Cheezy Twiz Sticks w/ Marinara,
Southern Chicken Salad,

California Blend, Celery Sticks, Popeyed Salad,
100% Fruit Juice, Pears

Tuesday, April 16

Chicken Nuggets w/Roll, Ham Cobb Salad,
Creamed Potatoes, Gravy, Broccoli, Side Salad,
100% Fruit Juice, Blueberries w/ Whipped Topping

Wednesday, April 17

Chicken Fajitas w/ Queso Cheese, Thai Chicken Salad,
Roasted Peppers, Charro Pinto Beans, Corn,
100% Fruit Juice, Fresh Seasonal Fruit

Thursday, April 18

Spaghetti & Meat Sauce w/Garlic Breadstick,
Hawaiian Chicken Salad, Green Beans, Baby Carrots,
Side Salad, 100% Fruit Juice, Banana

Friday, April 19

Mac & Cheese w/Cornbread, Mac & Cheese w/Fish Filet,
Southwest Chicken Salad, Pinto Beans, Corn,
Baked Sweet Potato, 100% Fruit Juice, Seasonal Fresh Fruit

APRIL is

National Kite Month



Designed by Davia

Featured Specials of the Day

Monday, April 22

Signature Philly Cheese Meatball Sub, Southern Chicken Salad,
Seasoned Potato Wedges, Corn, Popeyed Salad,
100% Fruit Juice, Peaches

Tuesday, April 23

Popcorn Chicken w/Roll, Ham Cobb Salad,
Creamed Potatoes, Gravy, Steamed Broccoli, Black-eyed Peas,
100% Fruit Juice, Fresh Apple Slices

Wednesday, April 24

Chicken Alfredo w/ Garlic Toast, Thai Chicken Salad,
California Veggie Blend, Peas, Side Salad,
100% Fruit Juice, Seasonal Fresh Fruit

Thursday, April 25

Chicken Nachos, Turkey Deluxe Rebel Wrap
Jalapeno Cheese Sauce, Black Beans, Cucumber Slices,
Roasted Spicy Sweet Potatoes,
100% Fruit Juice, Banana

Friday, April 26

Buffalo Chicken Sandwich, Southwest Chicken Salad,
Tater Tots, Cole Slaw, Baked Beans,
100% Fruit Juice, Seasonal Fresh Fruit

Monday, April 29

Pork Carnitas Taco, Southern Chicken Salad,
Tater Tots, Spicy Slaw, Black Beans,
100% Fruit Juice, Pears

Tuesday, April 30

Chicken Nuggets w/Roll, Ham Cobb Salad,
Creamed Potatoes, Gravy, Broccoli, Baby Carrots,
100% Fruit Juice, Blueberries w/ Whipped Topping