



SAIS, JAMES BURD, NANCY GRAYSON & LUHRS ELEMENTARY SCHOOLS				
Breakfast & Lunch Menu - April 2023				
Daily 1st Lunch Choice and Breakfast Choices				
MARCH 27	28	29	30	31
Mac & Cheese	Beef Nachos w/ Cheese, Lettuce & Tomatoes	Popcorn Chicken and Mashed Potatoes w/Gravy & Dinner Roll	Meatball Sub	Fried Chicken Leg and Rice
Sausage & Egg Biscuit or Chocolate Muffin	Triple Berry French Toast or 2 Cinnamon Pop Tarts	Pancake & Sausage Stick or Strawberry NutriGrain	Blueberry Waffles or Mini Cinnamon Rolls	Ham & Egg Biscuit or Cinnamon Rice Chex
APRIL 3	4	5	6	7
Triple Dipper Chicken Nuggets, Pretezl Bites & Tots	Cheese Quesadilla w/Salsa	French Toast Brunch w/Sausage Patty & Hash Brown	2 Hr Early Dismissal Lasagna Roll w/ Dinner Roll	NO SCHOOL
Sausage & Egg Biscuit or Banana Muffin	Cinnamon French Toast or Lemon Oatmeal Bar	Pancake & Sausage Stick or Coco Puff Cereal Bar	Maple Waffles or Strawberry Cream Cheese Bagel	
NO SCHOOL 10	11	12	13	14
	Chicken Tacos w/Cheese, Lettuce & Tomatoes	Chicken Nuggets, Smile Fries & Dinner Roll	Cheesy Dunkers w/ Marinara	Fish Sticks w/Mac & Cheese and Cornbread
	Triple Berry French Toast or 2 Fudge Pop Tarts	Pancake & Sausage Stick or Blueberry NutriGrain	Blueberry Waffles or Mini Cinnamon Rolls	Ham & Egg Biscuit or Cinnamon Rice Chex
17	18	19	20	21
Pulled Pork Sandwich	Walking Taco w/Cheese, Lettuce & Tomatoes	2 Hr Early Dismissal Breakfast Pizza w/ Cheese Stick	Cheese Ravioli w/Garlic Twist	Toasted Cheese w/Tomato Soup
Sausage & Egg Biscuit or Apple Cinnamon Muffin	Cinnamon French Toast or Berry Oatmeal Bar	Pancake & Sausage Stick or Trix Cereal Bars	Maple Waffles or Strawberry Cream Cheese Bagel	Ham & Egg Biscuit or Apple Strudel
24	25	26	27	28
Sweet & Sour Chicken w/Fried Rice	Chicken Quesadilla w/Salsa	Chicken w/Gravy & Mashed Potatoes & Dinner Roll	Pasta & Meatballs w/Texas Toast	Shepherd's Pie
Sausage & Egg Biscuit or Chocolate Muffin	Triple Berry French Toast or 2 Strawberry Pop Tart	Pancake & Sausage Stick or Cinn Toast Crunch	Blueberry Waffles or Mini Cinnamon Rolls	Ham & Egg Biscuit or Cinnamon Rice Chex
Daily Alternative Lunch Choice				
Cheeseburger	Chicken Patty Sandwich	Hot Dog	Ham & Cheese Flatbread	Pizza
Pizza Fun Lunch	Turkey & Cheese Pretzel Sandwich	Pretzel Fun Lunch	Salad Fun Lunch	Strawberry Parfait
DAILY LUNCH VEGETABLES & FRUIT				
Carrots	Seasoned Corn	Baked Beans	Peas	Steamed Broccoli
Assorted Fresh Vegetables				
Assorted Fresh & Chilled Fruits				
Assorted Fat Free & 1% Milk				
DAILY BREAKFAST FRUIT				
Assorted Fresh Fruit, Fruit Juice and Milk				

Due to continuing supply chain issues, All menu items are subject to change without notice.

Breakfast is Free for Every Student through June 2, 2023

Visit [www.shipk12.nutrislice.com](http://www.shipk12.nutrislice.com) for calorie, nutrition and food allergy information

If you have questions about free/reduced meal eligibility, meal balances or other concerns, please contact the Food Service Office at 717.530.2722.