

April 2019

Lisbon Grade School

LUNCH



Choice of Low Fat White Milk, Fat Free White Milk or Fat Free Chocolate Milk served daily.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Chicken Nuggets
Baked Beans
Fruit
Rice Krispy Treat

1

Tuesday

Spaghetti w/
Meat Marinara
Green Beans
Fruit, Jell-O Cup

2

Wednesday

Meatballs
Mashed Potatoes & Gravy
Fruit
Fruit Snacks

3

Thursday

Biscuits & Sausage Gravy
Tator Tots or
Hash Brown (cook's choice)
Blueberries, GoGurt

4

Friday

Double Stuffed Pizza
Lettuce Salad w/ Dressing
Fruit
Teddy Grahams

5

Beef Chili
Garlic Breadstick or
Texas Toast (cook's choice)
Sour Cream, Cheese
Corn, Fruit

8

Sub Sandwich
(turkey, ham, cheese)
Lettuce Salad w/ Dressing
Fruit, Brownie

9

Pork Riblet on a Bun
Baked Beans
Fruit, Cheese Stick
Pudding Cup

10

Chicken Caesar Salad
Raw Veggies
Fruit
Rice Krispy Treat

11

Cheese Quesadilla
Salsa, Sour Cream
Green Beans
Fruit, Cookie

12

Grilled Chicken Sandwich
Seasoned Fries
Fruit
Jell-O Cup

15

Orange Chicken
Rice
Green Beans
Fruit, Cookie

16

Cheese-filled Breadsticks
Marinara Sauce
Lettuce Salad w/ Dressing
Fruit, Granola Bar

17

Hamburger or
Cheeseburger on a Bun
Carrots
Fruit, Pudding Cup

18

NO
SCHOOL

19

NO
SCHOOL

22

Beef Taco, Nacho Chips
Salsa, Sour Cream, Cheese
Corn
Fruit

23

BBQ on a Bun
Potato Smiles
Fruit
Rice Krispy Treat

24

Southwest Chicken Wrap
(chicken taco, corn, cheese)
Salsa, Sour Cream
Raw Veggies, Fruit
Brownie

25

Mini Corn Dogs
Nacho Chips & Cheese
Green Beans
Fruit, Fruit Snacks

26

Hot Dog on a Bun
Carrots
Fruit
Pudding or Jell-O Cup

29

Chicken Patty on a Bun
Baked Beans
Fruit
Cookie

30

