



# IMSA South April 2017 Breakfast Express Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>April 3</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk	<b>April 4</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk	<b>April 5</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk	<b>April 6</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk	<b>April 7</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk
<b>April 10</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk	<b>April 11</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk	<b>April 12</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk	<b>April 13</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk	<b>April 14</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk
<b>April 17</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk	<b>April 18</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk	<b>April 19</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk	<b>April 20</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk	<b>April 21</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk
<b>April 24</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk	<b>April 25</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk	<b>April 26</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk	<b>April 27</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk	<b>April 28</b> <b>Cold Cereal*</b> Graham Crackers* 100% Juice Milk

## FRUIT AVAILABLE DAILY



\*=Whole-grain item

Non-cereal selection may be offered instead of cold cereal

Milk served with breakfast contains no artificial growth hormones or antibiotics  
Menu is subject to change based on availability and quality of food items

## BREAKFAST BUZZ

Did you know eating a balanced school breakfast helps students shine in the classroom and beyond?

Pick up your energy-boosting morning meal each day in the cafeteria.





Rainbow Variety Bar

# IMSA South April 2017 K-8 LunchSmart Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>April 3</b> <b>Chicken Parmigiana Hoagie*</b> California Blend Veggies Apple	<b>April 4</b> <b>Beef Sloppy Joe on a Bun*</b> Baby Carrots Fresh Pear	<b>April 5</b> <b>Beef Burrito Bowl* with Black Beans, Corn and Salsa</b> Pineapple	<b>April 6</b> <b>BBQ Turkey Burger on a Bun*</b> Scalloped Potatoes Celery Sticks with Ranch Dressing Applesauce	<b>April 7</b> <b>Mac &amp; Cheese*</b> Salad Pears Honey Wheat Dinner Roll*
<b>April 10</b> <b>Chicken Soft Tacos* with Garnish Cup</b> Refried Beans Peaches	<b>April 11</b> <b>Chicken Sandwich on a Bun*</b> Corn Mixed Fruit	<b>April 12</b> <b>Greek-Style Chicken</b> Brown Rice* Green Beans Fresh Apple Honey Wheat Dinner Roll* Snickerdoodle Cookie*	<b>April 13</b> <b>Spaghetti* with Meatballs &amp; Marinara</b> Broccoli Applesauce String Cheese	<b>April 14</b> <b>Cheese Pizza*</b> Baby Carrots Pears
<b>April 17</b> <b>All-American Cheeseburger*</b> Salad Peaches	<b>April 18</b> <b>Chicken Nuggets with BBQ Dipping Sauce &amp; Twisted Garlic Breadstick*</b> Baby Carrots Fresh Banana	<b>April 19</b> <b>Mini Chicken Corndogs*</b> Kettle-Baked Beans Pineapple	<b>April 20</b> <b>Turkey Ham &amp; Cheese Melt*</b> Oven-Baked Spiral-Cut French Fries Applesauce	<b>April 21</b> <b>Lasagna Roll-Up*</b> Capri Blend Veggies Pears Garlic Bread*
<b>April 24</b> <b>Oven-"Fried" Chicken Drumstick* &amp; Waffle Stix* with Syrup</b> Corn Fresh Orange	<b>April 25</b> <b>Beef &amp; Cheese Nachos* with Garnish Cup</b> Refried Beans Mixed Fruit	<b>April 26</b> <b>Bosco Stick* with Marinara Dipping Sauce</b> Salad Fresh Apple	<b>April 27</b> <b>Breaded Chicken Sandwich*</b> Green Beans Fresh Apple	<b>April 28</b> <b>Chili Con Carne</b> Sweet Potato Waffle Fries Pears Breadstick* Honey Oat Goldfish Cracker*

## Color My Plate: Earth Day and School Gardens

In 2017, Earth Day will be celebrated on Saturday, April 22. During this time of year, many schools are involved in projects that emphasize the importance of taking care of our planet. One activity that may interest your school is planting an edible garden. This is a great way to research and grow fruits and vegetables you can harvest and eat. Find out how to get started on your rainbow garden by visiting KidsGardening at [www.kidsgardening.org](http://www.kidsgardening.org).



\*=Item contains whole grains / ^=Item contains pork  
 L=Locally sourced / H= Antibiotic and hormone-free  
 S=Sustainable source

Milk served with lunch contains no artificial growth hormones or antibiotics

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This institution is an equal opportunity employer