

# Menus

School: Livingston County R-3

Academic Year: 2015-16

Meal: All

Month: April 2016

April				
M	Tu	W	Th	F
28	29 <b>Breakfast:</b> Whole grain cereal, whole wheat toast, fruit, juice, milk <b>Lunch:</b> Corn dog, mashed potatoes, carrots, fruit, milk	30 <b>Breakfast:</b> Whole grain pancakes, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> Whole grain fish wedge, au gratin potatoes, peas, whole wheat bread & butter, fruit, milk	31 <b>Breakfast:</b> Sausage patty, whole grain biscuit, fruit, juice, milk <b>Lunch:</b> Spaghetti w/meat sauce, tossed Romaine salad w/low-fat Ranch, green beans, whole wheat breadstick, fruit, milk	1 <b>Breakfast:</b> Whole grain French toast, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> BBQ Beef on whole wheat bun, potato wedges, baked beans, fruit, milk
4 <b>Breakfast:</b> Whole grain cereal, whole wheat toast, fruit, juice, milk <b>Lunch:</b> Whole grain chicken patty, mashed potatoes & gravy, carrots, whole wheat bread & butter, fruit, milk	5 <b>Breakfast:</b> Breakfast pizza, fruit, juice, milk <b>Lunch:</b> BBQ pork ribette, au gratin potatoes, green beans, whole wheat bread & butter, fruit, milk	6 <b>Breakfast:</b> Whole grain waffles, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> Pepperoni pizza, tossed Romaine salad, whole kernel corn, fruit, milk	7 <b>Breakfast:</b> Sausage gravy, whole wheat biscuit, fruit, juice, milk <b>Lunch:</b> Ham & cheese on whole wheat bread, baked chips, celery sticks, raw baby carrots, fruit, milk	8 <b>Breakfast:</b> Yogurt, cereal bar, fruit, juice, milk <b>Lunch:</b> Walking taco w/shredded cheese, shredded lettuce, refried beans, fruit, milk
11 <b>Breakfast:</b> Whole grain pancakes, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> Whole grain fish wedge, au gratin potatoes, carrots, whole wheat bread & butter, fruit, milk	12 <b>Breakfast:</b> Breakfast burrito, fruit, juice, milk <b>Lunch:</b> Whole grain chicken nuggets, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	13 <b>Breakfast:</b> Whole grain cereal, whole wheat toast, fruit, juice, milk <b>Lunch:</b> Lasagna roll-up, tossed Romaine salad w/low-fat Ranch, whole kernel corn, whole wheat breadstick, fruit, milk	14 <b>Breakfast:</b> Sausage patty, whole grain biscuit, fruit, juice, milk <b>Lunch:</b> Turkey & cheese on whole wheat bread, baked chips, carrot sticks, fruit, milk	15 <b>Breakfast:</b> Breakfast bites, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> Hamburger on whole wheat bun, potato wedges, pork & beans, fruit, milk
18 <b>Breakfast:</b> Whole grain french toast, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> Corn dog, smiles potatoes, carrots, fruit, milk	19 <b>Breakfast:</b> Whole grain biscuit, breakfast chicken patty, fruit, juice, milk <b>Lunch:</b> Spaghetti w/meat sauce, tossed Romaine salad w/low-fat Ranch, green beans, whole wheat bread & butter, fruit, milk	20 <b>Breakfast:</b> Whole grain cereal, whole wheat toast, fruit, juice, milk <b>Lunch:</b> Whole grain chicken patty, mashed potatoes & gravy, broccoli, whole wheat bread & butter, fruit, milk	21 <b>Breakfast:</b> Cheese omelet, whole wheat toast, fruit, juice, milk <b>Lunch:</b> BBQ pork ribette, au gratin potatoes, baked beans, whole wheat bread & butter, fruit, milk	22 <b>Breakfast:</b> Whole grain waffles, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> Ham & cheese on whole wheat bread, baked chips, celery sticks, raw baby carrots, fruit, milk
25 <b>Breakfast:</b> Whole grain cereal, whole wheat toast, fruit, juice, milk <b>Lunch:</b> Whole grain chicken nuggets, mashed potatoes, carrots, whole wheat bread & butter, fruit, milk	26 <b>Breakfast:</b> Whole grain pancakes, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> Pepperoni pizza, tossed Romaine salad w/low-fat Ranch, whole kernel corn, fruit, milk	27 <b>Breakfast:</b> Whole grain biscuit, sausage gravy, fruit, juice, milk <b>Lunch:</b> Chicken & cheese burrito, refried beans, shredded lettuce, fruit, milk	28 <b>Breakfast:</b> Scrambled eggs, whole wheat toast, fruit, juice, milk <b>Lunch:</b> Turkey & cheese on whole wheat bread, baked chips, celery sticks, raw baby carrots, fruit, milk	29 <b>Breakfast:</b> Breakfast bites, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> Hot dog on whole wheat bun, potato wedges, pork & beans, fruit, milk

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