

21st Century Charter High School April 2019 9-12 LunchSmart Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Spotlight Fruit of the Week: Bananas	April 1 Fish Fillet Sandwich* with Cheese & Tartar Sauce Parsley Redskin Potatoes Snickerdoodle Cookie* Peaches	April 2 Chicken & Penne Pasta* with Homemade Alfredo Sauce & Garlic Bread* Capri Blend Veggies Mixed Fruit	April 3 Chicken Caesar Wrap* Black Beans Broccoli Florets Pineapple	April 4 Build-Your-Own Crunchy Beef Tacos* with Garnish Cup & Salsa Brown Rice* Baby Carrots Applesauce	April 5 Toasted Cheese Sandwich* with Tomato Soup & Cheddar Goldfish Crackers* California Blend Veggies Pears
Spotlight Fruit of the Week: Fresh Pears	April 8 Chicken Parmesan Sandwich on a Bun* California Blend Veggies Honey Oat Goldfish Cracker* Peaches	April 9 Beef Burrito Bowl* with Black Beans, Corn, Garnish Cup & Salsa Mixed Fruit	April 10 Beef Sloppy Joe on a Bun* Baby Carrots Pineapple	April 11 Handcrafted Mac & Cheese* with Honey Wheat Dinner Roll* Green Peas Applesauce	April 12 Boneless Chicken Wings with BBQ Dipping Sauce Broccoli Florets Rice Krispies Treat* Pears
Spotlight Fruit of the Week: Grapes	April 15 Greek-Style Chicken with Honey Wheat Dinner Roll* Brown Rice* Green Peas Snickerdoodle Cookie* Peaches	April 16 BBQ Rib Sandwich on a Bun* ^A Kettle-Baked Beans Corn Harvest Cheddar SunChips* Mixed Fruit	April 17 Sedona Turkey Sandwich on a Croissant* with Lettuce & Tomato Carrot Salad Pozole Soup/Stew Blue Raspberry Lemonade Slushie Pineapple	April 18 Spaghetti* with Turkey Meatballs, Marinara & Garlic Bread* Broccoli Florets Applesauce	April 19 French Toast Sticks* with Syrup & Turkey Sausage Baby Carrots Pears
Spotlight Fruit of the Week: Bananas	April 22 Chicken Tenders* with BBQ Dipping Sauce & Breadstick* Broccoli Florets Rice Krispies Treat* Peaches	April 23 Chicken Fajitas* with Salsa Baby Carrots Mixed Fruit	April 24 Chicken Corn Dog* Kettle-Baked Beans Corn Pineapple	April 25 Turkey Ham & Cheese Panini* Oven-Baked Spiral-Cut French Fries Applesauce	April 26 Lasagna Roll-Up* & Garlic Bread* Capri Blend Veggies Honey Oat Goldfish Cracker* Pears
Spotlight Fruit of the Week: Fresh Pears	April 29 Oven-"Fried" Chicken Drumstick* & Breadstick* Kettle-Baked Beans Corn Snickerdoodle Cookie* Peaches	April 30 Meatball Sub* with Marinara & Mozzarella California Blend Veggies Pretzels* Mixed Fruit			



Available Each Day: Salad, Fresh Fruit, Sunbutter & Jelly Sandwich* with Yogurt Cup, Milk (1% & Skim White Plus Fat-Free Chocolate)

Additional Fresh Entrées Offered Daily

Monday – All-American Cheeseburger on a Bun*

Tuesday – Chicken Nuggets* with Twisted Breadstick* & BBQ Dipping Sauce

Wednesday – Super Nachos* & Salsa*

Thursday – Breaded Chicken Sandwich*

Friday – Pizza* (pepperoni French bread, cheese personal pan, and Big Daddy's cheesy pizza rotate each week)

*=Item contains whole grains / ^=Item contains pork / L=Locally sourced
Milk served with lunch contains no artificial growth hormones or antibiotics
Menu is subject to change based on availability and quality of food items

Color Me White/Brown/Tan

Have you tried jicama, parsnips, and white peaches? How about cauliflower, mushrooms, and brown pears? These are just some of the fruits and vegetables that are in the white/brown/tan color group. Produce in this category contains beneficial phytochemicals including alliin and the mineral selenium. These fruits and veggies play a role in heart health by helping you maintain sound cholesterol levels, and they may lower the risk of some types of cancer.

Our **Culinary Explorations** group is taking a side trip to **Sedona, Arizona**. You may have seen Sedona without realizing it. For years, the red rocks of Sedona served as a backdrop to Hollywood movies. In fact, Sedona's nickname is "Red Rock Country." During our visit, we will dine on pozole and other treats. Pozole is a traditional dish that originated in Mexico. Ingredients include meat, hominy, seasonings, and garnishes. Did you know that food experts debate whether pozole is a soup or a stew? Try it and add your opinion to the mix.

