


21st Century Charter School April 2019 K-8 LunchSmart Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Spotlight Fruit of the Week: Bananas	April 1 BBQ Chicken Sandwich on a Bun* Parsley Redskin Potatoes Snickerdoodle Cookie* Peaches	April 2 Chicken & Penne Pasta* with Homemade Alfredo Sauce Capri Blend Veggies Mixed Fruit	April 3 Toasted Cheese Sandwich* Baby Carrots Pineapple	April 4 Turkey Soft Tacos* with Garnish Cup & Salsa Refried Beans Corn Applesauce	April 5 Cheese Individual Pan Pizza* Green Beans Pears
Spotlight Fruit of the Week: Fresh Pears	April 8 All-American Cheeseburger on a Bun Corn Peaches	April 9 Chicken Nuggets* with BBQ Dipping Sauce & Twisted Garlic Breadstick* Baby Carrots Mixed Fruit	April 10 Beef Sloppy Joe on a Bun* Oven-Baked Spiral-Cut French Fries Pineapple	April 11 Chicken Corn Dog* Kettle-Baked Beans Applesauce	April 12 Extra Cheesy Pizza* Sliced Carrots Pears
Spotlight Fruit of the Week: Grapes	April 15 Grilled Chicken Sandwich* with Lettuce & Tomato Corn Peaches	April 16 BBQ Turkey Burger on a Bun* Kettle-Baked Beans 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 Broccoli Florets Applesauce	April 19 Cheese French Bread Pizza* Baby Carrots Strawberry Kiwi Slushie Pears
Spotlight Fruit of the Week: Bananas	April 22 Chicken Tenders* with BBQ Dipping Sauce & Breadstick* Broccoli Florets Peaches	April 23 Turkey Ham & Cheese Panini* Oven-Baked Spiral-Cut French Fries Mixed Fruit	April 24 Breaded Chicken Sandwich* with Lettuce & Tomato Corn Kettle-Baked Beans Pineapple	April 25 Chicken Fajitas with Tortillas*, Flame-Roasted Pepper & Onion & Salsa Baby Carrots Applesauce	April 26 Lasagna Roll-Up* & Garlic Bread* Capri Blend Veggies Pears
Spotlight Fruit of the Week: Fresh Pears	April 29 Orange Chicken Brown Rice* Green Beans Peaches	April 30 All-Beef Hot Dog on a Bun* Kettle-Baked Beans Oven-Baked Spiral-Cut French Fries Mixed Fruit			



Available Each Day: Side Salad / Fresh Fruit

Sunbutter & Jelly Sandwich* with Yogurt

1% & Skim White Plus Fat-Free Chocolate Milk

*=Item contains whole grains / 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 allicin 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.

