

APRIL | 2021



MIDVIEW EAST/WEST/NORTH THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.




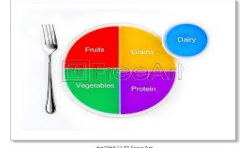




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>29 NO SCHOOL</p> 	<p>30 NO SCHOOL</p> 	<p>31 NO SCHOOL</p> 	<p>1 NO SCHOOL</p> 	<p>2 NO SCHOOL</p> 
<p>5 NO SCHOOL</p> 	<p>6 BREAKFAST POP TART, CHEESE STICK, JUICE LUNCH 1)HOT DOG ON BUN OR 2)CHICKEN NUGGETS/ROLL, BAKED BEANS, FRUIT</p>	<p>7 BREAKFAST SUPER DONUT, GOLD FISH, JUICE LUNCH 1)WAFFLES/SAUSAGE OR 2)CHICKEN NUGGETS/ROLL, CARROTS FRUIT</p>	<p>8 BREAKFAST BREAKFAST BAR, CHEESE STICK, JUICE LUNCH 1) BACON CHEESEBURGER OR 2)CHICKEN NUGGETS/ROLL BROCCOLI</p>	<p>9 BREAKFAST SMILE BREAKFAST COOKIE, GOLD FISH CRACKERS, JUICE, LUNCH 1)PIZZA OR 2)CHICKEN NUGGETS/ROLL, CARROTS, FRUIT</p>
<p>12 BREAKFAST POPTART, ELF CRACKERS, JUICE LUNCH 1)CHICKEN NUGGETS/ROLLOR 2)TURKEY SUB2) EAST PIZZA BROCCOLI, FRUIT</p>	<p>13 BREAKFAST SUPER DONUT, JUICE LUNCH 1)FRENCH TOAST/SAUSAGE OR2) TURKEY SUB, 2)EAST PIZZA CARROTS/ HUMMUS, FRUIT</p>	<p>14 BREAKFAST GRANDMAS COOKIES/CHEESE STICK, JUICE LUNCH 1)HOT PRETZEL W/CHEESE OR 2)TURKEY SUB, 2)EAST PIZZA BROCCOLI, FRUIT</p>	<p>15 BREAKFAST SUPER ROLL, CHEESE STICK, JUICE LUNCH 1)HAMBURGER ON BUN 2)TURKEY SUB, 2)EAST PIZZA CARROTS, FRUIT</p> 	<p>16 BREAKFAST MUFFIN/CHEESE STICK, JUICE LUNCH 1)PIZZA, 1)FIESTADA or 2) TURKEY SUB 2 EAST PIZZA BROCCOLI, FRUIT</p>
<p>19 BREAKFAST SCOOBY, GOLDFISH, JUICE LUNCH 1)CHICKEN SANDWICH 1) EAST/WEST BOSCO&SAUCE OR 2)PRETZELW/CHEESE STICK CARROTS, FRUIT</p>	<p>20 BREAKFAST BREAKFAST TREAT, CHEESE STICK, JUICE, LUNCH 1)WAFFLES/SAUSAGE OR 2)HOT PRETZEL W/CHEESE BROCCOLI, FRUIT</p>	<p>21 BREAKFAST SUPER DONUT, CHEESE STICK, FRUIT, JUICE, MILK LUNCH 1)POPCORN CHICKEN/ROLLOR 2)HOT PRETZEL W/CHEESE, CARROTS/HUMMUS, FRUIT</p>	<p>22 BREAKFAST POPTART, ELF CRACKERS, JUICE LUNCH 1)PANCAKE/BACON2)HOT PRETZEL W/CHEESE BROCCOLI, FRUIT</p>	<p>23 BREAKFAST BAR, FISH GRAHAM, FRUIT, JUICE, MILK LUNCH 1)PIZZA OR 2)HOT PRETZEL W/CHEESE, BLACK BEANS, FRUIT</p>
<p>26 BREAKFAST POPTART, CHEESE STICK, JUICE LUNCH 1)BBQ RIB SANDWICH 2)HAMBURGER ON BUN CARROTS, FRUIT</p>	<p>27 BREAKFAST SUPER DONUT, CHEESE STICK, JUICE, MILK LUNCH 1)FRENCH TOAST/SAUSAGE OR 2)HAMBURGER ON BUN BROCCOLI, FRUIT</p>	<p>28 BREAKFAST MUFFIN, CHEESE STICK, FRUIT, JUICE, MILK LUNCH 1)CHICKEN NUGGETS/ROLLOR 2)HAMBURGER ON BUN, CARROTS/HUMMUS, FRUIT</p>	<p>29 BREAKFAST PILLSBURY BAR, FISH GRAHAM, FRUIT, JUICE, MILK LUNCH 1)HOT DOG ON BUN)EAST/WEST BOSCO STICKS/SAUCE OR 2)HAMBURGER ON BUN, BROCCOLI, FRUIT</p>	<p>30 BREAKFAST BAR, FISH GRAHAM, FRUIT, JUICE, MILK LUNCH 1)PIZZA OR 2) HAMBURGER ON BUN CARROTS, FRUIT</p> 

News 
BREAKFAST
FREE THROUGH
JUNE 3, 2021
LUNCH
***** Now 2 entrees**
to choose from ***
FREE THROUGH
JUNE 3, 2021
****VARIETY OF MILK**
AVAILABLE EACH
LUNCH**
MENU SUBJECT TO CHANGE
DUE TO MARKET
AVAILABILITY.

[FUN FACT!]
www.heart.org
Nutrition Facts That Everyone Agrees on
 Added Sugar Is a Disaster. ...
 Omega-3 Fats Are Crucial and Most People Don't Get Enough. ...
 There Is No Perfect Diet for Everyone. ...
 Artificial Trans Fats Are Very Unhealthy. ...
 Eating Vegetables Will Improve Your Health. ...
 It Is Critical to Avoid a Vitamin D Deficiency. ...
 Refined Carbohydrates Are Bad for You.