

# APRIL 2021 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>National Garden Month</b> </p> <p>Spring has sprung and April is National Garden Month! Research shows that cultivating plants is beneficial for us. Gardening has been associated with improvements in attitudes toward health and nutrition, better school performance for kids, and community spirit. Every April communities, groups, and individuals celebrate National Garden Month. Gardening can be a great way to enjoy being outside, get exercise, and grow fruits and vegetables.</p>  <p><small>*Source: <a href="https://food.unl.edu/food-calendar-months/april">https://food.unl.edu/food-calendar-months/april</a></small></p>			<p><b>1</b></p> <p><b>Chicken Nuggets</b> Pretzel Rod &amp; BBQ Sauce OR <b>Chili Cheese Burrito</b></p> <p>French Fries Ketchup Orange Craisins Milk</p>	<p><b>2</b></p> <p><b>NEW</b> <b>Cheesy Pizza Slice +</b> OR <b>Egg &amp; Cheese English Muffin +</b></p> <p>Sweet Golden Corn Flavored Applesauce Milk</p>
<p><b>5</b></p> <p><b>Cheeseburger Meatloaf</b> Breadstick OR <b>Mini Corn Dogs</b> Mustard</p> <p>Steamed Mixed Veggies Fresh Fruit Milk</p>	<p><b>6</b></p> <p><b>Chicken Tenders</b> Goldfish Crackers &amp; BBQ Sauce OR <b>Mac &amp; Cheese +</b></p> <p>Green Beans Fresh Fruit Milk</p>	<p><b>7</b></p> <p><b>Salisbury Steak with Gravy</b> Egg Noodles OR <b>Breaded Chicken Sandwich</b> BBQ Sauce</p> <p>Tossed Salad Buttermilk Ranch Dressing Flavored Applesauce Milk</p>	<p><b>8</b></p> <p><b>Beef &amp; Cheese Tacos</b> Taco Sauce OR <b>Confetti Pancakes</b> Sausage Patty ▲</p> <p>Sweet Golden Corn Strawberry Craisins Milk</p>	<p><b>9</b></p> <p><b>Nacho Combo</b> Tostito's Scoops OR <b>Pizza Dippers +</b> Pizza Dipping Sauce</p> <p>French Fries Ketchup Fresh Fruit Mini Rice Krispie Treat Milk</p>
<p><b>12</b></p> <p><b>Chicken Nuggets</b> Pretzel Rod &amp; BBQ Sauce OR <b>Classic Hamburger</b> Mustard</p> <p>Tater Tots Ketchup Fresh Fruit Milk</p>	<p><b>13</b></p> <p><b>NEW</b> <b>Southwest Queso Cheesy Pull-Aparts +</b> OR <b>Meatball Pizza Sub</b></p> <p>Steamed Mixed Veggies Fresh Fruit Milk</p>	<p><b>14</b></p> <p><b>All American Cheese Melt +</b> OR <b>Vegetable Bean Chili +</b> Flatbread</p> <p>French Fries Ketchup Fresh Fruit Milk</p>	<p><b>15</b></p> <p><b>Sliced Turkey with Gravy</b> Dinner Roll OR <b>Mini Blueberry Waffles +</b> String Cheese</p> <p>Mashed Potatoes Fresh Fruit Milk</p>	<p><b>16</b></p> <p><b>Spaghetti with Meatballs</b> OR <b>Fish Patty Melt +</b> Tartar Sauce</p> <p>Tossed Salad Buttermilk Ranch Dressing Flavored Applesauce Milk</p>
<p><b>19</b></p> <p><b>French Toast Sticks</b> Sausage Patty ▲ OR <b>Popcorn Chicken</b> Pretzel Rod &amp; BBQ Sauce</p> <p>Tater Tots Ketchup Fresh Fruit Milk</p>	<p><b>20</b></p> <p><b>Salisbury Steak with Gravy</b> Egg Noodles OR <b>Cheeseburger</b> Ketchup</p> <p>Green Beans Fresh Fruit Milk</p>	<p><b>21</b></p> <p><b>Hot Diggity Dog</b> Ketchup &amp; Mustard OR <b>NEW</b> <b>Country Chicken Nugget Bowl</b></p> <p>Baby Carrots Buttermilk Ranch Dressing Flavored Applesauce Milk</p>	<p><b>22</b></p> <p><b>Earth Day</b> <b>Chicken Tenders</b> Goldfish Crackers &amp; BBQ Sauce OR <b>Fish Patty Melt +</b> Tartar Sauce</p> <p>French Fries Ketchup Orange Craisins Milk</p>	<p><b>23</b></p> <p><b>Rotini with Meat Sauce</b> OR <b>Mozzarella Sticks +</b> Pizza Dipping Sauce</p> <p>Tossed Salad Buttermilk Ranch Dressing Fresh Fruit Milk</p>
<p><b>26</b></p> <p><b>Deep Dish Galaxy Pepperoni Pizza</b> OR <b>Chicken Parmesan Sandwich</b></p> <p>Baby Carrots Buttermilk Ranch Dressing Flavored Applesauce Milk</p>	<p><b>27</b></p> <p><b>Chicken Nuggets</b> Breadstick &amp; BBQ Sauce OR <b>Classic Hamburger</b> Mustard</p> <p>French Fries Ketchup Fresh Fruit Milk</p>	<p><b>28</b></p> <p><b>Mini Corn Dogs &amp; Pretzel Bites</b> Cheese Sauce OR <b>Turkey Cheese Melt</b></p> <p>Tater Tots Ketchup Watermelon Craisins Milk</p>	<p><b>29</b></p> <p><b>Italian Cheese &amp; Garlic Cheesy Pull Aparts +</b> Pizza Dipping Sauce OR <b>Orange Chicken with Broccoli</b> Brown Rice</p> <p>Tossed Salad Buttermilk Ranch Dressing Fresh Fruit Milk</p>	<p><b>30</b></p> <p><b>Nacho Combo</b> Tostito's Scoops OR <b>Pizza Crunchers +</b></p> <p>Sweet Golden Corn Fresh Fruit Milk</p>
<p><b>April 22nd Earth Day</b> </p>		<p><b>NEW</b> <b>Country Chicken Nugget Bowl – April 21st</b> Chicken Nuggets, Corn, and Mashed Potatoes topped with Gravy &amp; Cheese!</p>	<p><b>*Menu Subject to Change*</b> ▲ Contains no pork + Contains no meat Milk contains no artificial growth hormones or antibiotics. We use heart healthy whole-grain breads and serve 100% fruit juice. Nutrition and allergen information available at <b>www.FSPro.com</b></p>	

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