

**Alachua County School Food and Nutrition Services
Middle/High School April 2008 Menu**

Monday 3/31	Tuesday 4/1	Wednesday 4/2	Thursday 4/3	Friday 4/4
Fruit Jc & Choice of Lowfat/FF Milk Eggs & Grits or Assorted Cereal w/ WW Toast & Jelly ----- Orange(or Teriyaki) Chicken & Rice Steamed Broccoli Chilled Mixed Fruit Cup Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk	Fruit Jc & Choice of Lowfat/FF Milk Turkey Breakfast Stick or Assorted Cereal w/ Cheese Toast ----- Salisbury Steak (or Meatloaf) Mashed Potatoes w/Gravy Ww Roll w/ jelly Steamed Baby Carrots Fruit Crisp Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk	Fruit Jc & Choice of Lowfat/FF Milk Cinnamon Roll or Assorted Cereal w/ WW Toast & Jelly ----- Baked Potato(or Taco) Bar Cornbread w/ honey Chilled Rosy Pears Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat /Fat Free Milk	Fruit Jc & Choice of Lowfat/FF Milk French Toast w/Syrup or Assorted Cereal w/English Muffin & Jelly ----- Baked Chicken Steamed Rice (or Roll w/jelly) Seasoned Green Beans Chilled Pineapple Tidbits Salad Plate or Sandwich (Wrap) Plate Choice of Lowfat/Fat Free Milk	Fruit Jc & Choice of Lowfat /FF Milk Turkey Sausage Patty w/Biscuit or Ass. Cereal w/ WW Toast & Jelly ----- Fish Wedge and Grits (or Ham w/Macaroni & Cheese) Seasoned Greens Chilled Peach Cup Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk
Monday 4/7	Tuesday 4/8	Wednesday 4/9	Thursday 4/10	Friday 4/11
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break

() Manager may substitute. Other food items may also be offered. **All menus subject to change.** *Fresh Fruit Offered Daily*

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Middle/High School Menus
Fresh Fruit Offered Daily

Monday 4/14	Tuesday 4/15	Wednesday 4/16	Thursday 4/17	Friday 4/18
Fruit Jc & Lowfat/FF Milk French Toast Sticks w/Syrup or Assorted Cereal w/Cinnamon Toast	Fruit Jc & Choice of Lowfat/FF Milk Sausage w/Grits or Assorted Dry Cereal w/WW Toast & Jelly	Fruit Jc & Choice of Lowfat/FF Milk Turkey Sausage & Biscuit or Assorted Dry Cereal w/WW Toast & Jelly	Fruit Jc & Choice of Lowfat/FF Milk Breakfast Chicken Biscuit& Jelly or Assorted Dry Cereal w/WW Toast & Jelly	Fruit Jc & Choice of Lowfat/FF Milk Waffle Sticks w/Syrup or Assorted Dry Cereal or Graham Crackers
Chicken(or Turkey) & Rice Mixed Vegetables Chilled Mixed Fruit Cup Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk	Taquitos or Cheese Tortilla Rolls w/ Salsa, Fat Free Sour Cream Mexicorn Corn (Corn on Cob) Chilled Orange Wedges Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk	BBQ Chicken or BBQ Pulled Pork on WW Bun Steamed Carrots Frozen Fruit Bar Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk	Lasagna(Home Style or Roll Ups) Garlic Breadstick Seasoned Green Beans Chilled Pears Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk	Pizza (or Grilled Cheese w/Soup) Tossed Salad w/Dressing Chilled Rosy Applesauce Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk
Monday 4/21	Tuesday 4/22	Wednesday 4/23	Thursday 4/24	Friday 4/25
Fruit Jc & Choice of Lowfat/FF Milk Turkey Canadian Bacon w/Biscuit or Assorted Dry Cereal w/Cheese Toast Pig's in a Blanket(or Chicken Nuggets) Coleslaw Baked Beans Chilled Pineapple Tidbits Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk	Fruit Jc & Choice of Lowfat/FF Milk Pancake Pup w/Syrup or Assorted Dry Cereal w/WW Toast & Jelly Turkey Tetrizzini (or Turkey Pot Pie or Turkey & Mashed Potato & Gravy) WW Roll w/ Jelly Steamed Carrots Chilled Apple Wedges Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk	Fruit Jc & Choice of Lowfat/FF Milk Cinnamon Raisin Biscuit or Assorted Dry Cereal w/Cinnamon Toast Chili con Carne over Rice(or Grilled Cheese Sandwich w/Minestrone Soup) Garden Salad w/Salad Dressing Chilled Pears Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk	Fruit Jc & Choice of Lowfat/FF Milk Waffles w/Syrup or Assorted Dry Cereal w/Graham Crackers Country Beef Steak Mashed Potatoes w/Gravy Seasoned Greens (or Green Beans) Red Gelatin w/ Peaches Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk	Fruit Jc & Choice of Lowfat/FF Milk Sausage Biscuit or Assorted Dry Cereal w/WW Toast & Jelly Cuban Pulled Pork Sandwich on WW Bun Peas & Carrots Banana Brownie w/Walnuts Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk

Other food items may also be offered. () manager may substitute . **All menus subject to change**

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Middle/High School Menus
Fresh Fruit Offered Daily

Monday 4/28	Tuesday 4/29	Wednesday 4/30	Thursday 5/1	Friday 5/2
Fruit Jc & Choice of Lowfat/FF Milk Eggs & Grits or Assorted Cereal w/ WW Toast & Jelly ----- Orange(or Teriyaki) Chicken & Rice Steamed Broccoli Chilled Mixed Fruit Cup Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk	Fruit Jc & Choice of Lowfat/FF Milk Turkey Breakfast Stick or Assorted Cereal w/ Cheese Toast ----- Salisbury Steak (or Meatloaf) Mashed Potatoes w/Gravy Ww Roll w/ jelly Steamed Baby Carrots Fruit Crisp Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk	Fruit Jc & Choice of Lowfat/FF Milk Cinnamon Roll or Assorted Cereal w/ WW Toast & Jelly ----- Baked Potato(or Taco) Bar Cornbread w/ honey Chilled Rosy Pears Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat /Fat Free Milk	Fruit Jc & Choice of Lowfat/FF Milk French Toast w/Syrup or Assorted Cereal w/English Muffin & Jelly ----- Baked Chicken Steamed Rice (or Roll w/jelly) Seasoned Green Beans Chilled Pineapple Tidbits Salad Plate or Sandwich (Wrap) Plate Choice of Lowfat/Fat Free Milk	Fruit Jc & Choice of Lowfat /FF Milk Turkey Sausage Patty w/Biscuit or Ass. Cereal w/ WW Toast & Jelly ----- Fish Wedge and Grits (or Ham w/Macaroni & Cheese) Seasoned Greens Chilled Peach Cup Salad Plate or Sandwich(Wrap) Plate Choice of Lowfat/Fat Free Milk
Monday	Tuesday	Wednesday	Thursday	Friday

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