




**SPRINGVILLE UNION SCHOOL DISTRICT
HOME OF THE SPARTANS**

LUNCH MENU - APRIL 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 3 BEAN & CHEESE BURRITO SALSA CORN ON THE COB GRAMHAM CRACKER BANANA | 4 # BREAKFAST PATTY WHOLE GRAIN WAFFLE WITH BUTTER & MAPLE SYRUP TATER TOTS WITH KETCHUP STRAWBERRIES | 5 "THE UNCRUSTABLE" BABY CARROTS AND CELERY STICKS WITH RANCH DIP RED APPLE | 6 *CHEESE BURGER WITH LETTUCE AND TOMATOES PICKLE SPEARS CRINKLE FRIES WITH KETCHUP AND MUSTARD ORANGE WEDGES | 7 FISH CHUNKS TARTAR SAUCE STEAMED CORN MASHED POTATOES FRUIT COCKTAIL |
| 10 CHICKEN NUGGETS WITH BBQ SAUCE TATER TOTS WITH KETCHUP BABY CARROTS FUJI APPLE | 11 TURKEY & CHEESE WRAP LETTUCE & TOMATOES RANCH DRESSING PRETZELS BANANA | 12 #PORK SLIDER ON A WHOLE GRAIN BUN COLESLAW WITH RASPBERRY VINAIGRETTE OVEN FRIES WITH KETCHUP SLICED ORANGES | 13 BUNNY IN A BLANKET (*BEEF FRANK WRAPPED IN WIG DOUGH) KETCHUP & MUSTARD CORN ON THE COB FRUIT MEDLEY SPRING EGG COOKIE | 14 NO SCHOOL GOOD FRIDAY HOLIDAY |
| 17 NO SCHOOL EASTER HOLIDAY | 18 # PANCAKE SAUSAGE ON A STICK WITH MAPLE SYRUP TATER TOTS & KETCHUP CUCUMBER COINS RANCH DIP BANANA | 19 * BEEF RAVIOLIS BAKED BROCCOLI WITH RANCH DRESSING BREADSTICK RED APPLE | 20 CHICKEN ENCHILADAS SPANISH BROWN RICE REFRIED BEANS STEAMED PEAS AND CARROTS CHURRO | 21 *PEPPERONI & SAUSAGE PIZZA TOSSED CARROT AND SPINACH SALAD WITH RANCH DRESSING DICED PEACHES GRAHAM CRACKER |
| 24 CORNDOG WITH MUSTARD CRINKLE FRIES WITH KETCHUP & MUSTARD CELERY STICKS WITH PEANUTBUTTER CUP BANANA | 25 #PANCAKE SAUSAGE BITES WITH MAPLE SYRUP CARROT & PARSNIP FRIES WITH RANCH DIP ORANGE WEDGES | 26 *BEEF QUESADILLAS BROWN RICE STEAMED CORN STRAWBERRIES | 27 OVEN CHICKEN MASHED POTATOES WITH BROWN GRAVY CARROTS & PEAS HOT ROLL RED APPLE | 28 *SPAGHETTI WITH MEAT & MARINARA SAUCE GREEN SPINACH SALAD W/ RANCH DRESSING BREADSTICK FRUIT MEDLEY |
|  | STAY FIT STAY ACTIVE! MAKE A VEGGIE SNACKS, KEEP IN FRIDGE. READY TO GRAB AND GO. |  | DRINK PLENTY OF WATER THROUGHOUT THE DAY; STAY HYDRATED. DRINK MILK FOR HEALTHY BONES |  |

HARVEST OF THE MONTH
Fruit: Berries
Vegetable: Peas
Other fruits and vegetables available during the Spring season are:
Asparagus
Carrots
Peas
Strawberries
Spinach
How much fruit do you eat in a week?
How much vegetables do you eat in a week?



GET HEALTHY AND GET MOVING
Play and recreation are important for good health. Look for opportunities such as these to be active and have fun at the same time:
Plan family outings and vacations that include physical activity (hiking, backpacking, swimming, etc.)
See the sights in new cities by walking, jogging or bicycling.
Make a date with a friend to enjoy your favorite physical activities.
Play your favorite music while exercising; enjoy something that motivates you.
Dance with someone or by yourself. Take dancing lessons. walk, run or fly a kite.
When golfing, walk instead of using a cart.
At a picnic, join in on badminton or volleyball instead of croquet.

CHOICE OF 1% UNFLAVORED OR NONFAT FLAVORED MILK SERVED DAILY
ALL DIPS, DRESSINGS, AND SAUCES ARE LOW FAT. CONDIMENTS WILL BE SERVED WITH APPROPRIATE MENU ITEMS.
ALL BREADS AND PASTAS ARE WHOLE GRAIN. * CONTAINS BEEF MEAT #CONTAINS PORK MEAT
The USDA and S.U.S.D. are equal opportunity providers and employers.



Don't forget we have a payment box located, inside the cafeteria, at the counter.
Place payment in a sealed envelope with your child's name. The payment is deposited at end of each month.

