








April 2014

High School Lunch Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
|  <p>Lunch Entrées-Choose One Chicken Tenders Basket w/Fries & Roll **Spicy BBQ Pork Nachos Nardone's Pepperoni/Cheese Pizza Slice Santa Fe Chicken Quesadilla</p> <p>Sides-Choose One or More Crinkle Cut French Fries Roasted Kale w/Cherry Tomatoes & Garlic Fruit Cocktail, Fresh Apple</p> | <p>1</p> <p>Lunch Entrées-Choose One Chicken Tenders Basket w/Fries & Roll **Spicy BBQ Pork Nachos Nardone's Pepperoni/Cheese Pizza Slice Santa Fe Chicken Quesadilla</p> <p>Sides-Choose One or More Crinkle Cut French Fries Roasted Kale w/Cherry Tomatoes & Garlic Fruit Cocktail, Fresh Apple</p> | <p>2</p> <p>Lunch Entrées-Choose One Stuffed Bell Peppers w/Roll Clux Deluxe Original/Spicy Chicken Sandwich Buffalo Chicken/Cheeseburger Pizza Large Macaroni & Cheese w/Roll</p> <p>Sides-Choose One or More Fresh Steamed Squash, Roasted Asparagus Applesauce, Craisins</p> | <p>3</p> <p>Lunch Entrées-Choose One Chicken Bites Basket w/Tater Tots & Roll Create-Your-Own Burger Bar Nardone's Pepperoni/Cheese Pizza Slice</p> <p>Sides-Choose One or More Tater Tots, Southwestern Baked Beans Carolina Coleslaw Peach Cup, Fresh Pear</p> | <p>4</p> <p>Lunch Entrées-Choose One Twisted Chicken w/Breadstick Seasoned Chicken Filet Sandwich Gilardi Stuffed Crust Pepperoni Pizza</p> <p>Sides-Choose One or More Corn, Garden Salad Mandarin Oranges, Fresh Banana</p> |
| <p>7</p> <p>Lunch Entrées-Choose One Cheesy Nachos w/Chicken or Beef Seasoned Chicken Filet Sandwich Gilardi Stuffed Crust Pepperoni Pizza</p> <p>Sides-Choose One or More Green Beans, Picante Pintos, Sliced Peaches, Fresh Apple</p> | <p>8</p> <p>Lunch Entrées-Choose One Chicken Tenders Basket w/Fries & Roll **Cuban Pork Sandwich Nardone's Pepperoni/Cheese Pizza Slice</p> <p>Sides-Choose One or More Crinkle Cut French Fries SC Grown Steamed Cabbage Fruit Cocktail, Fresh Cantaloupe</p>  | <p>9</p> <p>Lunch Entrées-Choose One Rotini Pasta w/Meat Sauce & Cinnamon Roll Clux Deluxe Original/Spicy Chicken Sandwich Buffalo Chicken/Cheeseburger Pizza Large Macaroni & Cheese w/Roll</p> <p>Sides-Choose One or More Caesar Salad, Parsley Potatoes Craisins, Sliced Oranges</p> | <p>10</p> <p>Lunch Entrées-Choose One Chicken Bites Basket w/Tater Tots & Roll Breakfast For Lunch Nardone's Pepperoni/Cheese Pizza Slice Santa Fe Chicken Quesadilla</p> <p>Sides-Choose One or More Tater Tots Lemon Pepper Roasted Broccoli Diced Pears, Fresh Banana</p> | <p>11</p> <p>Lunch Entrées-Choose One BBQ/Bufalo Chicken w/Mac & Cheese & Roll Seasoned Chicken Filet Sandwich Gilardi Stuffed Crust Pepperoni Pizza</p> <p>Sides-Choose One or More Corn, Seasoned Fresh Baby Carrots Applesauce, Rosati Ice Fruit Cup</p> |
| <p>14</p>  <h1 style="color: purple; text-decoration: underline;">Spring Break</h1> <h2 style="color: black; text-decoration: underline;">No School</h2>  | | | | |
| <p>21</p> <p>Lunch Entrées-Choose One Green Dragon Chicken w/Rice Seasoned Chicken Filet Sandwich Gilardi Stuffed Crust Pepperoni Pizza</p> <p>Sides-Choose One or More Green Beans, Baked Sweet Potatoes, Vegetable Chow Mein Sliced Peaches, Fresh Apple</p> | <p>22</p> <p>Lunch Entrées-Choose One Chicken Tenders Basket w/Fries & Roll Create-Your-Own Burger Bar Nardone's Pepperoni/Cheese Pizza Slice Santa Fe Chicken Quesadilla</p> <p>Sides-Choose One or More Crinkle Cut French Fries Kale Salad w/Mandarin Oranges Fruit Cocktail, Fresh Honeydew</p> | <p>23</p> <p>Lunch Entrées-Choose One Classic Lasagna w/Cinnamon Roll Clux Deluxe Original/Spicy Chicken Sandwich Buffalo Chicken/Cheeseburger Pizza Large Macaroni & Cheese w/Roll</p> <p>Sides-Choose One or More Fresh Steamed Squash, Roasted Cauliflower Diced Pears, Craisins</p> | <p>24</p> <p>Lunch Entrées-Choose One Chicken Bites Basket w/Tater Tots & Roll **Sweet Mesquite BBQ Sliders Nardone's Pepperoni/Cheese Pizza Slice</p> <p>Sides-Choose One or More Tater Tots, Picante Pintos Confetti Collards Mandarin Oranges, Fresh Banana</p> | <p>25</p> <p>Lunch Entrées-Choose One Cilantro Lime Chicken Wraps Seasoned Chicken Filet Sandwich Gilardi Stuffed Crust Pepperoni Pizza</p> <p>Sides-Choose One or More Corn, Caesar Salad Fresh SC Grown Strawberries Applesauce</p>  |
| <p>28</p> <p>Lunch Entrées-Choose One BBQ/Bufalo Chicken w/Mac & Cheese & Roll Seasoned Chicken Filet Sandwich Gilardi Stuffed Crust Pepperoni Pizza</p> <p>Sides-Choose One or More Green Beans, Marinated Cucumbers Pineapple Tidbits, Sliced Oranges</p> | <p>29</p> <p>Lunch Entrées-Choose One Chicken Tenders Basket w/Fries & Roll Chicken Egg Rolls w/Chow Mein Noodles Nardone's Pepperoni/Cheese Pizza Slice</p> <p>Sides-Choose One or More Crinkle Cut French Fries Lemon Pepper Roasted Broccoli Fruit Cocktail Fresh SC Grown Strawberries</p>  | <p>30</p> <p>Lunch Entrées-Choose One Rotini Pasta w/Meat Sauce & Cinnamon Roll Clux Deluxe Original/Spicy Chicken Sandwich Buffalo Chicken/Cheeseburger Pizza Large Macaroni & Cheese w/Roll</p> <p>Sides-Choose One or More SC Grown Steamed Cabbage Parsley Potatoes Sliced Peaches, Craisins</p>  | <p>Non-Discrimination Statement: The U.S. Department of Agriculture (USDA) prohibits Discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender-identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866)632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202)690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339; or (800)845-6136 (in Spanish).</p> | |

MEALTIME MESSAGE

Lunch \$2.75
Assorted Milk Choices Available
Daily for Breakfast and Lunch:
1% White, Skim White,
Fat Free Chocolate,
Strawberry, and Vanilla
Offered Daily:
Variety of Salads
Deli Sandwiches/Wraps
Yogurt Parfaits
Cottage Cheese w/Fruit

This Month's SC Grown Fresh Produce....



Strawberries



Cabbage

Fun Facts:

Strawberry juice combined with honey will reduce sunburn inflammation. Rub the mixture thoroughly into the skin before rinsing off with warm water and lemon juice.

In order to reap the benefits of cabbage to its fullest extent, it is advisable that steaming and stir-frying of cabbage is done so that the nutrients are preserved. It is also advisable to eat raw cabbage.

**** Contains Pork**

All Bread that is served in Lexington School District #1 is Whole Grain.
Menu Items subject to change based upon availability



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