

# April 2021

## West Harrison Community School

This institution is an equal opportunity provider

### LUNCH



**School Information:** Free breakfast and lunch to all enrolled West Harrison students until the end of the school year or until money runs out. Milk is offered everyday with lunch.



**Fitness Tip:** Find ways to increase physical activity. You could try to:

- Play a sport like basketball, softball, or soccer
- Walk, skate, or cycle more
- Do stretches, exercises, or pedal a stationary bike while watching TV



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



**No School**

5

**Spring Break**

Chicken Nuggets  
Mash Potatoes  
Mixed Veggies  
Fruit

6

Purchased Pizza  
Very Veggie Salad  
Golden Corn  
Fruit Fixings

7

**No School**

1

**Spring Break**

Taco Salad w/Fixings  
Refried Beans  
Taco Party Mix  
Fresh Fruit Fixings

8

**No School**

2

**Spring Break**

Fettuccine Alfredo  
Caesar Salad  
WG Garlic Bread  
Fresh Fruit

9

Cheese Sticks  
Tomato Basil Salad  
Pasta w/Sauce  
Fresh Fruit

12

Hamburger Tator Tot  
Casserole  
Broccoli  
WG Biscuit  
Fruit Cup

13

Corn Dog  
Potatoes  
Bake Beans  
Fruit Fixings

14

Chicken and Noodles  
Mash Potatoes  
Green Beans  
WG Bread  
Fruited Jell-O/Fruit Cup

15

Whatever's in the kitchen  
  
that the cooks feel  
  
like fixing

16

Mandarin Chicken  
Stir Fry Vegetables  
WG Rice  
WG Muffin  
Mandarin Oranges

19

Hot Beef Sundae  
Potatoes/Gravy  
WG Dinner Roll  
Peas  
Fruited Jell-O  
Fruit Cup

20

Misc. Sandwiches  
Cheesy Potato Bake  
Pasta Salad  
Fresh Fruit

21

K-2  
Fish Sticks  
3-12 Crisпитos  
Mexican Salad/Golden Corn  
Fruit Fixings

22

Beef and Cheddar Sub  
Pasta Salad/Pickle Spear  
WG Chips  
Fresh Fruit

23

Grilled Hotdog w/ Bun  
Chili Style Bake Beans  
French Fries  
Fruit Fixings

26

Meatloaf  
Mash Potatoes/Gravy  
Carrots  
WG Roll  
Fruited Jell-O/Fruit Cup

28

Breakfast Pizza  
Fresh Veggie Sticks w/Dip  
Apple Filled Pretzel  
Yogurt Cup  
Fresh Fruit

Chicken Parmesan  
WG Pasta w/Sauce  
Caesar Salad  
Garlic Bread  
Fresh Fruit Fixings

29

Sack Lunch  
Uncrustable  
WG Chips  
Fresh Carrots w/Dip  
Apple Slices  
Juice Cup

30