

# APRIL 2019

## Tri-Valley Middle School

Vitamin C can be found in many fruits and vegetables, including: oranges, broccoli, peppers, strawberries, tomatoes & cauliflower. Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.

**Monday**

**1**  
Pretzel Bites w/Cheese  
Turkey & Swiss on Wheat  
Diced Sweet Potatoes  
Pears  
Milk

**8**  
Pancakes  
French Toast Sticks  
Sausage Links  
Tri-Tater  
Mixed Fruit  
Milk

**15**  
Breaded Chicken Sandwich  
Meatball Sub  
Steamed Cauliflower  
Fresh Banana  
Milk

**22**  
Popcorn Chicken  
Garlic Breadstick  
Italian Chopped Salad  
Steamed Broccoli  
Pears  
Milk

**29**  
Chicken Penne Alfredo  
Ham & Cheese on Pretzel Bun  
Peas  
Mandarin Oranges  
Milk

**Tuesday**

**2**  
Loaded Baked Potato  
Rotini w/Meat Sauce  
Peas  
Peaches  
Milk

**9**  
Toasted Ravioli w/Marinara  
BBQ Chicken Sandwich  
Baked Beans  
Grapes  
Milk

**16**  
Cheeseburger Mac  
Grilled Cheese w/Tomato Soup  
Steamed Broccoli  
Peaches  
Milk

**23**  
Cheese Ravioli w/Marinara  
BBQ Rib Sandwich  
Green Beans  
Strawberries  
Milk

**30**  
Twin Beef Tacos  
Hawaiian Chicken Wrap  
Refried Beans  
Pineapple  
Milk

**Wednesday**

**3**  
Walking Taco  
Taco Salad w/Salsa Ranch  
Corn  
Mixed Berries  
Milk

**10**  
Goulash  
Chicken Teriyaki w/Brown Rice  
Green Beans  
Pineapple  
Milk

**17**  
Tater Tot Casserole  
Pulled Pork Sandwich  
Sweet Potato Tots  
Applesauce  
Milk

**24**  
Nachos Grande  
Crispy Chicken Wrap  
Corn  
Apple Slices w/Caramel  
Milk

**Thursday**

**4**  
Corn Dog  
Fish Sticks  
Coleslaw  
Orange Wedges  
Milk

**11**  
Chicken Strips  
Whole Wheat Roll  
Turkey & Veggie Wrap  
Steamed Carrots  
Craisins  
Milk

**18**  
Chicken Nuggets  
Salisbury Steak  
Mashed Potatoes & Gravy  
Mixed Fruit  
Milk

**25**  
Chicken Fajitas  
Chicken Quesadilla  
Refried Beans  
Orange Wedges  
Milk

**Friday**

**5**  
Bosco Sticks w/Marinara  
Deli Sandwich  
Garden Salad  
Strawberry Applesauce  
Milk

**12**  
Cheese Pizza  
Buffalo Chicken Pizza  
Caesar Salad  
Pears  
Milk

**19**  
NO LUNCH  
School Improvement Day  
11:40 Dismissal

**26**  
Pepperoni Pizza Sticks  
Deli Sandwich  
Baby Carrots w/Ranch  
Peaches  
Milk

Menu Subject to Change  
Fresh Fruits and Vegetables Available Daily