

APRIL 2019

Tri-Valley High 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
 Orange Chicken w/Brown Rice
 Turkey & Veggie Wrap
 Steamed Carrots
 Craisins
 Milk

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

25
 Bacon Cheeseburger
 Turkey Club on Wheat
 Garden Salad
 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