




Aventura City of Excellence School

Lunch Menu

APRIL 2018



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<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
APRIL 2 Turkey on Whole Wheat Bun or Whole salami Sub Red Beans or Side Salad Multigrain chips Mixed Fruit Low Fat & Fat Free Mil	APRIL 3 Chicken Hot Dogs on Whole Wheat Bun OR Turkey Sub WGR Chips Baked Beans or Side salad Tropical Fruit Low Fat & Fat Free Milk	APRIL 4 Whole Wheat Toasted Cheese Sandwich <i>OR</i> Tuna Salad Sandwich Baked Veggie Chips Chick peas <i>OR</i> Side Salad Sliced Pears Low Fat & Fat Free Milk	APRIL 5 CHICKEN TENDERS Corn or Side Salad Multigrain chips Mixed Fruit Low Fat & Fat Free Milk	APRIL 6 WGR Cheese Pizza <i>OR</i> Whole Wheat Tuna Sub Baby Carrots <i>OR</i> Side Salad Fruit Cocktail Low Fat & Fat Free Milk
APRIL 9 Oven-Baked Breaded Fish sticks <i>OR</i> Whole Wheat Turkey Sub Mashed potatoes Peas and Carrots or Side Salad Fruit Cocktail Low Fat & Fat Free Milk	APRIL 10 Chili Beef Or whole wheat Salami sub White Rice Lima beans or Side salad Pineapple Chunks Low Fat & Fat Free Milk	APRIL 11 Chicken Fried Rice Mini Egg Rolls <i>OR</i> Tuna Salad Sandwich Baked Veggie Chips Steamed Edamame <i>OR</i> Side Salad Sliced Pears/Fortune Cookie Low Fat & Fat Free Milk	APRIL 12 WGR Spiral Pasta with Alfredo Cheese Sauce <i>OR</i> Whole Wheat Tuna Salad Sandwich Sautéed Spinach or Side Salad Fresh Apple Slices Low Fat & Fat Free Milk	APRIL 13 WGR Cheese Pizza <i>OR</i> Whole Wheat Tuna Sub Baby Carrots <i>OR</i> Side Salad Fruit Cocktail Low Fat & Fat Free Milk
APRIL 16 Sloppy Joes <i>OR</i> Turkey Sub WGR Chips Corn Niblets or Side salad Pineapple Chunks Low Fat & Fat Free Milk	APRIL 17 Meatballs Marinara <i>OR</i> Whole Wheat BMT Combo Sub White Rice Mixed Veggies or Side Salad Sliced Peaches Low Fat & Fat Free Milk	APRIL 18 Baked Ziti <i>OR</i> Whole Wheat Tuna Sub Whole Wheat Roll Steamed Carrots or Side Salad Sliced Pears Low Fat & Fat Free Milk	APRIL 19 **Early Release** Kosher  Turkey sub Multigrain Chips Fresh Apple Water	APRIL 20 <p style="text-align: center;">No School Teachers Planning</p>
APRIL 23 Pizza Cheese Bagel or Whole Wheat BMT Sub Tater tots Steamed Green beans or side salad Slices Peaches Low Fat & Fat Free Milk	APRIL 24 Bow Tie Pasta & Meat Sauce <i>OR</i> Whole Wheat Salami Sub Mixed Veggies or Side Salad Cantaloupe Low Fat & Fat Free Milk	APRIL 25 Mac & Cheese <i>OR</i> Whole Wheat Tuna Sub Baked Tater Tots Peas & Carrots or Side Salad Sliced Peaches Low Fat & Fat Free Milk	APRIL 26 Baked Chicken Nuggets <i>OR</i> BMT Combo Sub Mashed Potatoes Peas Orange wedged Low Fat & Fat Free Milk	APRIL 27 WGR Cheese Pizza <i>OR</i> Whole Wheat Tuna Sub Baby Carrots <i>OR</i> Side Salad Fruit Cocktail Low Fat & Fat Free Milk
APRIL 30 Hamburgers on Whole Wheat Bun <i>OR</i> Turkey Sub Cole Slaw or Side salad Tropical Fruit Low Fat & Fat Free Milk Lettuce, Pickles, Onion Garnish	MAY 1 Spaghetti & Meatballs marinara <i>OR</i> Turkey Salad Sandwich Mixed veggie <i>OR</i> Side Salad Sliced Pears Low Fat & Fat Free Milk	MAY 2 WGR Spiral Pasta with Alfredo Cheese Sauce <i>OR</i> Whole Wheat Tuna Salad Sandwich Sautéed Spinach or Side Salad Fresh Apple Slices Low Fat & Fat Free Milk	MAY 3 Chicken Peppers Strips or Whole Wheat CC Combo Sub Rice Black Beans or Side Salad Sliced Pears Low Fat & Fat Free Milk	MAY 4 WGR Cheese Pizza <i>OR</i> Whole Wheat Tuna Sub Baby Carrots <i>OR</i> Side Salad Fruit Cocktail Low Fat & Fat Free Milk

LUNCH PRICE \$3.90 DAILY

Side Salad consist of lettuce, Tomatoes & Cucumbers **A-la-Cart:** Hard Boiled Egg \$0.50; Portion cup of Tuna Salad \$0.50; An Alternative Protein Choice Will Be Offered Every Day Except on Early Release Days; The **Salad Bar** is an alternative meal to the daily lunch being offered. **Salad Bar** consists of the following items: Lettuce, Tomato, Cucumbers, Carrot Sticks, Celery Sticks, Hard Boiled Eggs, Tuna Salad and a slice of Whole Wheat Bread.