

# April

**April 1st- April 26th**

Week #1: 1st - 5th

Week #2: 8th - 12th

Week #3: 15th - 19th

Week #4: 22nd - 26th

## KG - 3rd Grade Food Court Menu

Choose **THREE OR MORE COLORS** for a complete meal. One must be **RED** or **GREEN**.



meat/meat  
alternative



grain



vegetable



fruit\*



milk

### Hot Entrees

Choose from several fruit and veggie choices daily

BIG Daddy's **CHEESE** Pizza



BIG Daddy's **PEPPERONI** Pizza

**MACHO NACHO**

GROUND BEEF TACO SEASONED, SERVED WITH NACHO CHIPS, CHEESE SAUCE, AND SALSA

### Cold Entrees

Choose from several fruit and veggie choices daily



Romaine lettuce, grilled chicken, parmesan cheese, caesar dressing & a goldfish snack



**TuttiFrutti**

includes Lucky Charms® cereal, yogurt, baby carrots w/ranch, string cheese & a fruit cup  
\*gluten free



**PEANUT BUTTER & JELLY**



**Grilled Chicken Caesar Wrap**

Romaine lettuce, grilled chicken w/parmesan cheese

### Weekly Special

Choose from several fruit and veggie choices daily

**PIZZA CRUNCHERS**



Toasted mozzarella crunchers with marinara in every bite! Comes with marinara for dipping

Week #1

**MACARONI & CHEESE**

WHOLE GRAIN PASTA SWIMMING IN GOLDEN CREAMY CHEESINESS

Week #2

**CHICKEN ALFREDO**



GRILLED CHICKEN BREAST, HOMEMADE ALFREDO SAUCE OVER PENNE PASTA

Week #3

**Tater Tot Nachos a.k.a. Tachos**

Tater Tots smothered with taco seasoned ground beef, cheese sauce & salsa.

Week #4

Students can choose 1% white milk -or- non-fat chocolate milk (1 cup eq)

\*Some whole fruits count as TWO 1/2 cup servings. For example an average sized apple would be considered TWO 1/2 cup servings in and of itself. At least half of the fruits consumed per day should come from whole fruits (fresh, canned, frozen or dried). Students can choose up to TWO 1/2 cup servings of FRESH or cupped fruit and/or hot or cold vegetables every day

A food component is one of five food groups, in which a minimum of three needs to be selected to make a reimbursable meal. These are protein, grains, vegetables, fruit and fluid milk\*

A food item is a specific food offered within the food components, for example, 2 slices of whole grain-rich bread, 1 cup of grapes, and 1 cup of milk. This meal meets OVS lunch requirements because three food components are selected out of the five food items offered.

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fax:  
(833) 256-1665 or (202) 690-7442; or  
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This institution is an equal opportunity provider.



**What Makes A LUNCH**

**SELECT 3-5 ITEMS:**



**GRAINS  
PROTEIN**

**VEGGIE**

**FRUIT**



one must be a

**FRUIT**

or

**VEGGIE**