

APRIL

Altha Public School

SPIN YOUR WHEELS.



Biking may be the only activity that combines exercise, fun, AND transportation! Just remember to always wear bright clothes, close-toed shoes, and a helmet – and follow the rules of the road!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, April 4

Breakfast
Egg & Cheese Biscuit
Potato Rounds
Fruit

Lunch
Chicken Nuggets
Philly Cheese Sandwich
Caesar Chicken Salad

Sides
Mashed Potatoes
Steamed Broccoli
Fruit

Tuesday, April 5

Breakfast
Eggs & Grits
Buttered Toast
Fruit

Lunch
Spaghetti w/Meat Sauce
Buffalo Chicken Wrap
Chicken Salad w/Fruit

Sides
Caesar Salad
Carrot Sticks & Ranch
Fruit

Wednesday, April 6

Breakfast
Pancakes
Turkey Sausage
Fruit

Lunch
Turkey & Cheese Sub
Chicken Burger
Taco Salad

Sides
Baked Beans
Baked Potato Wedges
Fruit

Thursday, April 7

Breakfast
Sausage Biscuit
Potato Rounds
Fruit

Lunch
Sliced Ham w/Mac & Cheese
Ranch Chicken Wrap
Chef Salad

Sides
Green Beans
Sweet Potato
Fruit

Friday, April 8

Breakfast
French Toast Sticks
Turkey Sausage Patty
Fruit

Lunch
Cheese Pizza
Cheeseburger
Garden Chicken Salad

Sides
Potato Wedges
Lettuce/Tomato Salad
Fruit

Elementary Lunch
Students offered first item only.

USDA is an equal opportunity provider and employer.

Monday, April 11

Breakfast
Breakfast Pizza
Potato Tots
Fruit

Lunch
Chicken Sandwich
Buffalo Chicken Wrap
Chef Salad

Sides
Steamed Broccoli
Baked Potato Wedges
Fruit

Tuesday, April 12

Breakfast
Egg and Cheese
English Muffin
Potato Rounds
Fruit

Lunch
Beef Taco w/Cheese
Turkey & Cheese Wrap
Chicken Salad w/Fruit

Sides
Lettuce & Tomato
Black Beans Salsa
Fruit

Wednesday, April 13

Breakfast
Grits w/ Ham Cubes
Sweet Potato Muffin
Fruit

Lunch
Ham & Cheese Sub
Pepperoni Pizza
Chef Salad

Sides
Corn
French Fries
Fruit

Thursday, April 14

Breakfast
French Toast Sticks
Turkey Sausage
Fruit

Lunch
Baked Chicken
Chicken Burger
Chicken Caesar Salad

Sides
Brown Rice
Black Eyed Peas
Sweet Potato
Fruit

Friday, April 15

Breakfast
Sausage Biscuit
Potato Rounds
Fruit

Lunch
Hamburger
Cheese Pizza
Taco Salad

Sides
Baked Potato Wedges
Tomato & Lettuce
Fruit

DON'T GET!
Take at least **ONE FRUIT or VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!

Monday, April 18

Breakfast
Egg & Cheese Biscuit
Potato Rounds
Fruit

Lunch
Chicken Nuggets
Philly Cheese Sandwich
Chicken Caesar Salad

Sides
Mashed Potatoes
Corn
Fruit

Tuesday, April 19

Breakfast
Eggs & Grits
Buttered Toast
Fruit

Lunch
Spaghetti w/Meat Sauce
Chicken Burger
Chef Salad

Sides
Caesar Salad
Carrot Sticks & Ranch
Fruit

Wednesday, April 20

Breakfast
Pancakes
Turkey Sausage
Fruit

Lunch
Fish Nuggets
Turkey & Cheese Wrap
Taco Salad

Sides
Baked Beans
Steamed Broccoli
Fruit

Thursday, April 21

Breakfast
Sausage Biscuit
Potato Rounds
Fruit

Lunch
Beef & Gravy
Buffalo Chicken Wrap
Chef Salad

Sides
Brown Rice
Green Beans
Sweet Potato
Fruit

Friday, April 22

Breakfast
French Toast Sticks
Turkey Sausage Patty
Fruit

Lunch
Cheese Pizza
Cheeseburger
Garden Chicken Salad

Sides
Baked Potato Wedges
Lettuce/Tomato Salad
Fruit

SCHOOL MEALS ARE AVAILABLE TO ALL STUDENTS AT NO CHARGE!



This institution is an equal opportunity provider.
www.FreshforFloridaKids.com

Monday, April 25

Breakfast
Breakfast Pizza
Potato Tots
Fruit

Lunch
Chicken Sandwich
Buffalo Chicken Wrap
Chef Salad

Sides
Baked Potato Wedges
Caesar Salad
Fruit

Tuesday, April 26

Breakfast
Egg and Cheese
English Muffin
Potato Rounds
Fruit

Lunch
Beef & Cheese Taco
Turkey & Cheese Wrap
Chicken Salad w/Fruit

Sides
Lettuce & Tomato
Black Beans Salsa
Fruit

Wednesday, April 27

Breakfast
Grits w/ Ham Cubes
Sweet Potato Muffin
Fruit

Lunch
Corn Dog Nuggets
Cheese Pizza
Chef Salad

Sides
Baked Beans
Baked Potato Wedges
Fruit

Thursday, April 28

Breakfast
French Toast Sticks
Turkey Sausage
Fruit

Lunch
Chicken Parmesan w/ Pasta
Chicken Burger
Chicken Caesar Salad

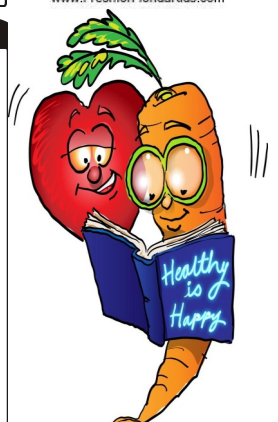
Sides
Steamed Broccoli
Carrot Sticks w/Ranch
Fruit

Friday April 29

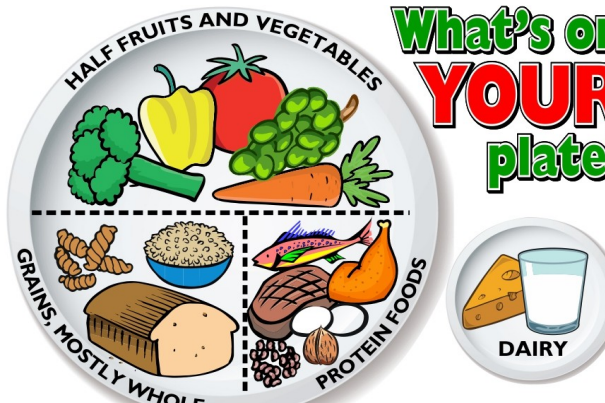
Breakfast
Sausage Biscuit
Potato Rounds
Fruit

Lunch
Hamburger
Cheese Pizza
Taco Salad

Sides
Baked Potato Wedges
Tomatoes & Lettuce
Fruit



What's on YOUR plate?



First things First

BREAKFAST @SCHOOL

For first-class learning!