

April 2018

George O Barr Elementary Breakfast & Lunch Menu

Monday

2

No School

9

- Oatmeal Bar
- Sliced Peaches

- Hot Dog (turkey)
- Fruit & Vegetable Choices
- Grapes
- BBQ Baked Beans
- Celery Sticks

16

- Assorted Cereal
- String Cheese Stick
- Orange Slices

- Breaded Chicken Bites**
- Dinner Roll
- Mini Rice Krispie Treat
- Fruit & Vegetable Choices
- Fruit Cocktail
- Corn

23

- Assorted Cereal
- Yogurt
- Fresh Pineapple Wedge

- Hamburger
- Fruit & Vegetable Choices
- Apple Slices
- Deli Roasters
- Celery Sticks

30

- Assorted Cereal
- Colby Jack Cheese Stick
- Fresh Strawberries
- BBQ Rib Sandwich
- Fruit & Vegetable Choices
- Fresh Pineapple Wedge
- Chopped Romaine
- Grape Tomatoes
- Mandarin Oranges

Tuesday

3

- Mini Breakfast Pizzas
- Sliced Peaches
- Walking Taco
- Fruit & Vegetable Choices
- Apple Slices
- Carroteenies
- Diced Tomatoes

10

- Bacon Scramble Pizza (turkey)
- Fresh Strawberries
- Fiestada Pizza/Taco Pizza
- Fruit & Vegetable Choices
- Orange Slices
- Cucumber Slices
- Shredded Lettuce
- Diced Tomatoes

17

- Maple Madness Mini Waffles
- Fresh Pineapple Wedge
- Nacho Bites
- Fruit & Vegetable Choices
- Honeydew Wedge
- Refried Beans
- Salsa
- Kiwi

24

- Cinnamon Roll
- String Cheese Stick
- Applesauce

- Soft Taco
- Fruit & Vegetable Choices
- Orange Slices
- Refried Beans
- Shredded Lettuce
- Salsa

Wednesday

4

- Assorted Cereal
- Bug Bite Graham Crackers
- Banana
- Turkey & Cheese Sandwich
- Reduced Fat Doritos
- Fruit & Vegetable Choices
- Fruit Cocktail
- Broccoli Florets
- Corn

11

- Blueberry Muffin
- Banana
- Spaghetti w/ Meat Sauce
- Garlic Bread
- Fruit & Vegetable Choices
- Sliced Pears
- Chopped Romaine
- Mixed Fruit

18

- Frosted Fudge Pop-Tart
- Colby Jack Cheese Stick
- Banana
- Cooks Choice Day
- Fruit & Vegetable Choices
- Fruit Choices
- Vegetable Choices

25

- Apple Frudel
- Banana

- Sloppy Joe
- Fruit & Vegetable Choices
- Fresh Strawberries
- Carroteenies
- Cucumber Slices

Thursday

5

- Maple Glazed French Toast Sticks
- Syrup
- Applesauce
- Mini Corn Dogs (turkey)
- Fruit & Vegetable Choices
- Cantaloupe Wedge
- Baked Beans
- Celery Sticks

12

- Assorted Cereal Bars
- Vanilla Goldfish Crackers
- Mixed Fruit
- Popcorn Chicken
- Fruit & Vegetable Choices
- Watermelon Wedge
- Mashed Potatoes
- Carroteenies

19

- Breakfast Sandwich
- Fresh Berries
- Chicken Strips
- Dinner Roll
- Fruit & Vegetable Choices
- Mixed Fruit
- Mashed Potatoes
- Chopped Romaine

26

- Maple Mini Pancakes
- Sliced Peaches

- Crispy Chicken Sandwich
- Fruit & Vegetable Choices
- Sliced Peaches
- Broccoli Florets
- Corn

Friday

6

- Breakfast Bites
- Syrup
- Pineapple Tidbits
- Mandarin Orange Chicken
- Fruit & Vegetable Choices
- Sliced Pears
- Vegetable Fried Rice
- Sugar Snap Peas

13

- Mixed Berry Parfait
- Applesauce
- Scooby Doo Graham Crackers
- Crunchy Fish Sandwich
- Fruit & Vegetable Choices
- Peaches
- Vegetable Choices
- Green Beans

20

- Cinnamon Glazed French Toast Sticks
- Syrup
- Sliced Peaches
- Galaxy Cheese Pizza
- Fruit & Vegetable Choices
- Fruit Choice
- Vegetable Choices
- Green Beans

27

- Cinnamon Rush Mini French Toast
- Mixed Fruit
- Max Sticks
- Marinara Sauce
- Fruit & Vegetable Choices
- Fruit Choice
- Vegetable Choices
- Green Beans

Breakfast

Our breakfast includes all items listed plus a choice of milk and juice.

Lunch

Our lunch includes all items listed plus a choice of milk.

Fruit & Veggie Choices
Students get to choose from a variety of fruits & Veggies!

Fat free ranch offered daily for fresh vegetables.

For a color version of this menu and nutrition information, check out the food service department on the district website:
www.silvis34.net

New Item!!!

April 16th

New to the elementary menu...Breaded Chicken Bites! Give them a try, you won't regret it. Your choice of dipping sauce BBQ, Honey Mustard or Ketchup 😊

The USDA & SFA prohibit discrimination on the basis of race, color, national origin, sex, age, or disability. The USDA & SFA are an equal opportunity provider & employer.

*Menu subject to change without notice

Did You Know...

The Romans called this month Aprilis which may derive from the verb aperire meaning "to open", referring to flowers and fruits opening.