

Menus for April 2019

Bridge Street School
Leeds Elementary
Jackson St School
RKF Ryan Road School

This institution is an equal opportunity provider.
Menus are subject to change.



NUTRITION TO GO

Experts recommend that we eat at least 20-30 grams of fiber a day -- but most Americans consume less than half that much. Good sources are grains, fruits, vegetables, and beans. Check the labels on foods, like your favorite breakfast cereal -- some cereals provide ten or more grams of fiber per bowl, but shoot for at least three.

A QUICK BITE FOR PARENTS

POTATOES



April

LOCAL



MASSACHUSETTS
FARM TO SCHOOL

Available Daily

Sunbutter & Jelly Sandwich, Grilled Cheese, Cheese Sandwich or Entrée Salad (served with WG bread or roll) available as an alternate to the daily meal option

All meals served with assorted fruit 15-30gm and milk 13-24gm.

WG Cereal ~25gm available as an alternate to daily breakfast option.

Questions or Comments, Please Call the Food Service Office at (413) 587-1487

Menus available on our website:
[http://](http://www.northamptonschools.org/project/food-services/)

www.northamptonschools.org/project/food-services/



Monday, April 1

Breakfast
WG Muffins 25gm and Cheese stick

Lunch
Hamburger/
Cheeseburger 25gm
Oven Fries 20gm
Bandit Baked Beans 35gm

Tuesday, April 2

Breakfast
Bagel ~25gm w/
cream cheese or
sunbutter and yogurt 19gm

Lunch
Taco Tuesday 10gm
Seasoned Group Beef or Beans
Served with lettuce, salsa, cheese & sour cream
Refried Pinto Beans 10gm
Seasoned Rice 20gm

Wednesday, April 3

Breakfast
Fruit & Yogurt 30-60gm
Parfait w/ Granola 15gm

Lunch
WG Pasta 43gm with marinara or meatsauce 25gm
Broccoli Salad 18gm
Garlic Knot 16gm

Thursday, April 4

Breakfast
WG Fruit Bread 43gm and Cheese stick

Lunch
Popcorn Chicken Bowl 15gm
Mashed Potatoes 17gm
Corn 8gm
Gravy
WG Dinner Roll 17gm

Friday, April 5

Breakfast
Sweet Potato Roll 22gm and Yogurt 19gm

Lunch
Pizza
Steamed Broccoli 6gm,
Side Salad with Assorted Dressing 3-14gm

Rounds: 39gm; French Bread: 33gm;
Rectangle: 35gm; Stuffed Crust 35gm

Monday, April 8

Breakfast
WG Muffins 25gm and Cheese stick

Lunch
Brunch
French Toast Sticks 48gm
Sausage
Steamed Carrots 7gm
Celery Sticks and Sunbutter Dip 10gm
Syrup: 30gm

Tuesday, April 9

Breakfast
Bagel ~25gm w/
cream cheese or
sunbutter and yogurt 19gm

Lunch
Chicken 37gm or
Cheese Quesadilla 39gm
Seasoned Black Beans 20gm and
Steamed Corn 16gm

Wednesday, April 10

Breakfast
Fruit & Yogurt 30-60gm
Parfait w/ Granola 15gm

Lunch
Grilled Cheese 40gm
and Tomato Soup 20gm
Fresh-cut Hadley LOCAL Fries 20gm

Thursday, April 11

Breakfast
WG Fruit Bread 43gm and Cheese stick

Lunch
Shepard's Pie 60m
WW Dinner Roll 17gm

Friday, April 12

Breakfast
Sweet Potato Roll 22gm and Yogurt 19gm

Lunch
Pizza
Steamed Broccoli 6mg,
Fresh Veggie Medley with Hummus 8gm or
Ranch Dip 4gm

Rounds: 39gm; French Bread: 33gm;
Rectangle: 35gm; Stuffed Crust 35gm

SPRING

BREAK



Break begins at the end of classes: Fri., April 12

Classes resume: Mon., April 22



EARTH DAY APRIL 22



What's on YOUR plate?



Monday, April 22

Breakfast
WG Muffins 25gm and Cheese stick

Lunch
Crispy Chicken Sandwich 35gm
Sweet Potato Fries 19gm
Steamed Green Beans 4gm

Tuesday, April 23

Breakfast
Bagel ~25gm w/ cream cheese or sunbutter and yogurt 19gm

Lunch
Taco Salad 30gm
Seasoned Beef or beans, lettuce, salsa, cheese and sour cream with Tortilla Chips

Wednesday, April 24

Breakfast
Fruit & Yogurt 30-60gm
Parfait w/ Granola 15gm

Lunch
Popcorn Chicken Bowl 15gm
Mashed Potatoes 17gm
Corn 8gm
Gravy
WG Dinner Roll 17gm

Thursday, April 25

Breakfast
WG Fruit Bread 43gm and Cheese stick

LOCAL **Lunch**
Baked Potato Bar 40gm
Served with your choice of chili 10gm, cheese 14gm, and sour cream Steamed Broccoli 6gm
WG Baked Pretzel 14gm

Friday, April 26

Breakfast
Sweet Potato Roll 22gm and Yogurt 19gm

Lunch
Pizza
Steamed Broccoli 6gm,
Fresh Veggie Medley with Hummus 8gm or Ranch Dip 4gm

Rounds: 39gm; French Bread: 33gm; Rectangle: 35gm; Stuffed Crust 35gm

Q: What's the GOOFIEST thing about a GOOBER?



A: "Goober" is another name for a peanut, and the goofiest thing about a peanut is that it's not really a nut at all! Peanuts are really beans that grow under ground. Real nuts are sometimes called "tree nuts."

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, April 29

Breakfast
WG Muffins 25gm and Cheese stick

Lunch
Chicken & Waffles Boneless Chicken Bites 15gm
Mini WG Waffles 37gm
Smiley Fries 25gm
Bandit Baked Beans 35gm

Tuesday, April 30

Breakfast
Bagel ~25gm w/ cream cheese or sunbutter and yogurt 19gm

Lunch
Open Faced Turkey Sandwich 45gm
Mashed Potatoes 17gm
Cranberry Sauce 26gm
Carrot Sticks and Dip

YOU'RE GETTING WARM.



One of the best ways to avoid getting hurt – playing a sport, in gym class, and even on the playground – is to stretch out a little first and start off slowly before you go all out.



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