

# APRIL 2019

## Wethersfield Lunch Menu

Choose three or more of the five with one being a 1/2c fruit or vegetable or combo. 1. Meat/meat alternate 2. Vegetable 3. Fruit. 4. Whole Grains 5. Milk

### Monday

1  
Hamburger on Bun  
Crinkle Fries  
Salad Bar w/ variety of Vegetables & Fruits  
\*Peaches \*grades 9-12  
Milk

8  
Chicken Sticks  
Tri Tater  
Salad Bar w/ variety of Vegetables & Fruits  
\*Pears \* 9-12  
Dinner Roll  
Milk

15  
Mini Turkey Corn Dog or Corn Dog on a Stick (6-12)  
\*Granola Bar \* 9-12  
Twister Fries  
Salad Bar w/ a variety of Vegetables & Fruits.  
\*Pears \* grades 9-12  
Milk

22  
No School

29  
Salisbury Steak  
Mashed Potatoes w/ gravy  
Salad Bar w/ variety of Vegetables & Fruits  
Dinner Roll  
\*\*Goldfish Crackers 6-12  
\*Peaches \*grades 9-12  
Milk

### Tuesday

2  
Chicken & Waffle Day  
Chicken Nugget  
Mini Waffles  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Mandarin Oranges \* 9-12  
Milk

9  
Taco Salad  
Refried Beans  
Salad Bar w/ a variety of Vegetables & Fruits.  
Tortilla Chips  
\*Peaches \* Grades 9-12  
Milk

16  
Spaghetti w/ meatsauce  
Salad Bar w/ a variety of Vegetables & Fruits.  
Apple Slice \*grades-9-12  
Bosco Stick  
Milk

23  
Crispito  
Salad Bar w/ a variety of Vegetables & Fruits.  
Side Kicks Fruit Smoothie  
\*\*GoldFish Crackers \*\*6-12  
\*Pears \* Grades 9-12  
Milk

30  
Macaroni & Cheese  
Fish Sticks  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Pears \* grades 9-12  
Milk

### Wednesday

3  
Macaroni & Cheese  
Fish Sticks  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Pears \* grades 9-12  
Milk

10  
Golden Crispy Boneless Wings  
Dipping Sauces  
Baked Potato  
Salad Bar w/ variety of Vegetables & Fruits.  
\*Apple Sauce \* 9-12  
Chocolate Muffin  
Milk

17  
Cheese Pizza  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Goldfish Crackers 9-12  
\*Mixed Fruit \*grades 9-12  
Milk

24  
Popcorn Chicken  
Sweet & Sour Sauce  
Stir Fry Vegetables  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Pineapple \* grades 9-12  
Whole Grain Rice  
Milk

### DID YOU KNOW...

April is named after the Greek goddess of love, Aphrodite. In the Roman calendar, the fourth month April is spelled Aprilis, meaning "to open." Festivals which were planned for April included Parrilla, a day celebrating the founding of Rome.

### Thursday

4  
Chicken Patty on Bun  
Mashed Potatoes w/ gravy  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Peaches\* Grades 9-12  
Milk

11  
BBQ Rib on Bun  
Salad Bar w/ variety of Vegetables & Fruits  
SideKicks Fruit Smoothie  
\*Peaches \*grades 9-12  
Milk

18  
Fill Your Sack Lunch Day  
Mini Turkey Sub on Bun  
Carroteenies  
Celery Sticks  
Apple or Orange K-8  
\*Apple and Orange \* 9-12  
Variety of Doritos  
WGR Cookie  
Milk

25  
Cheese Quesadilla  
Salad Bar w/ a variety of Vegetables & Fruits.  
\* Mixed Fruit \* Grades 9-12  
Milk

### Friday

5  
Cheesy Garlic French Bread w/ dipping sauce  
Salad Bar w/ a variety of Vegetables & Fruits  
\* Mixed Fruit \* Grades 9-12  
Milk

12  
Pizza Hut Cheese  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Orange Slices\* Grades 9-12  
\* Chex Mix \*9-12  
Milk

19  
No School

26  
Hamburger on Bun  
Crinkle Fries  
Salad Bar w/ variety of Vegetables & Fruits  
\*Peaches \*grades 9-12  
Milk

### Harvest of the Month: Salad Bar

#### Salad Bar

Grades K-12

9-12 can choose up to 6 different items from salad bar plus their additional 1/2c fruit.

\*K-8 can choose up to 5 different items from salad bar.

\*Two height sizes of salad bars.

\*Most items are 1/4c servings

\*Vegetables & Fruits.

\*Salad Bar is included with your hot lunch meal at no extra cost

We offer 1% unflavored milk and fat free (chocolate or strawberry) flavored milk daily included with the hot lunch tray or can be purchased a la carte. **Milk is a local item!**

**All grains offered are whole grain rich**

**All menus are subjected to change.**

\* This symbol indicates grades 9-12 other menued items that are required. Item is underlined

Extra Grains or meat alternates are offered to grades 9-12 or 6-8 to meet their requirements on selected days.

\*\* This symbol indicates this will be offered to grades 6-8 to meet grain or meat requirements .

Grades 9-12 \$2.65

Grades 6-8 \$2.55

Grades K-5 \$2.40

Extra Milk .65

This institute is an equal opportunity provider.