

LUNCH PRICES

LUNCH PRICES		A La Carte Items	
Elementary	\$2.00	String Cheese	\$.50
Middle	\$2.35	Yogurt/Capri Sun	\$.75
High	\$2.50	Water-8 oz.	\$.50
Adult	\$2.75	Sunflower Kernels	\$.60
		Low Fat Ice Cream	\$.65
		Juice Bar	\$.50
		Pop Tart	\$.60
		All Crackers	\$.50

APRIL 2014
Middle School Lunch



Parents are encouraged to prepay for student meals at link: <https://www.schoolpaymentsolutions.com/>

Kids Say Yes!

Low fat and fat free milk served daily.

Planning school menus for kids takes a combination of knowledge of healthy eating and an understanding of what our students like. Before planning the 2014-15 menus, Food and Nutrition Services' administrators went to the kids for their opinions about some new foods.

On February 14, 2014, the first annual student food show took place at Pompano Beach High School. To represent elementary and middle school students, two hundred students were selected from nearby schools to taste new items for next year's menu. Vendors and their chefs cooked up their specialties. At each of 37 food stations, students used sophisticated technology (I-pad) to measure their satisfaction. At the end of the day, even without the data report, certain items were "Thumbs Up".

Four of these items are featured on the April menu, wings of fire, chili- lime wings, potato smiles and a new empanada. Also, throughout the county, we are field testing calzonettes and egg n' cheese on a bun. We want all kids to taste and see if they agree, these items are delicious!



The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (in Spanish). USDA is an equal opportunity provider and employer."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Home Style Spaghetti & Meat Sauce Homemade Tuna Salad/ Crackers Steamed Broccoli Italian Blend Vegetables Chilled Apricots	2 Flame-Broiled Burger/ Wheat Bun Deli Style Turkey Ham & Cheese Wrap Garden Fresh Entrée Salads Baked Beans Sweet Potato Waffle Fries Chilled Pineapple Fresh Fruit	3 Oven Roasted Chicken Latin Style Black Beans Over Brown Rice W/ Salsa** Homemade Egg Salad / Wheat Bun Garden Fresh Entrée Salads Wheat Roll Fresh Baby Carrots Creamy Mashed Potatoes Chilled Peaches Fresh Fruit	4 Golden Baked Chicken Tenders Oven Baked Fish Patty/Bun Oven Baked Catfish Garden Fresh Entrée Salads Sweet Potato Fries Farm Fresh Corn Cobbettes Fruit Blend Juice
7 5 " Personal Pan Pizza Bean & Cheese Burrito Garden Fresh Entrée Salads Fresh Baby Carrots Steamed Broccoli Chilled Tropical Fruit Salad Fresh Fruit	8 Spicy General Tso Chicken Over Brown Rice Latin Style Black Beans Over Brown Rice W/ Salsa** Homemade Tuna Salad/ Crackers Garden Fresh Entrée Salads Steamed Corn Latin Style Black Beans Green Apple Juice Fresh Fruit	9 Cheeseburger Sliders Deli Style Turkey & Cheese Wrap Garden Fresh Entrée Salads Fresh Mini Sweet Peppers Sweet Potato Waffle Fries Chilled Pears Fresh Fruit	10 Creamy Macaroni & Cheese Chicken Empanada (New Item) Garden Fresh Entrée Salads Wheat Roll Mixed Vegetable Medley Fresh Cucumber Slices Chilled Peaches Special Fresh Fruit – Grapes	11 Chicken Wings - Chili Lime (New Item) Chicken Wings of Fire (New Item) Crunchy Fish Nuggets Garden Fresh Entrée Salads Wheat Roll Sweet Potato Fries Farm Fresh Green Beans Grape Juice Fresh Fruit
14 French Bread Pepperoni Pizza Beef Dippers Over Brown Rice Garden Fresh Entrée Salads Wheat Roll Fresh Baby Carrots Steamed Broccoli Chilled Applesauce Fresh Fruit	15 Oven Fried Chicken Latin Style Black Beans Over Brown Rice W/ Salsa** Homemade Tuna Salad/ Crackers Garden Fresh Entrée Salads Latin Style Black Beans Caramelized Plantains Blue Raspberry Juice Fresh Fruit	16 Flame-Broiled Burger/ Wheat Bun Deli Style Turkey Ham & Cheese Wrap Garden Fresh Entrée Salads Baked Beans Oven Browned Potato Smiles Chilled Pineapple Fresh Fruit	17 Teriyaki Chicken Over Brown Rice Chicken Quesadilla Pocket Garden Fresh Entrée Salads Fresh Celery Sticks Mixed Vegetable Medley Chilled Peaches Fresh Fruit	18 NO SCHOOL 
21 5 " Personal Pan Pizza Cheeseburger Sliders Garden Fresh Entrée Salads Fresh Baby Carrots Steamed Broccoli Chilled Tropical Fruit Salad Fresh Fruit	22 Thai Chili Chicken Over Brown Rice Latin Style Black Beans Over Brown Rice W/ Salsa** Homemade Tuna Salad/ Crackers Garden Fresh Entrée Salads Steamed Corn Mixed Vegetable Medley Green Apple Juice Fresh Fruit	23 All Beef Hot Dog/Wheat Deli Style Turkey & Cheese Wrap Garden Fresh Entrée Salads Sweet Potato Waffle Fries Baked Beans Chilled Pears Fresh Fruit	24 Jamaican Beef Patty Oven Grilled Cheese Sandwich Garden Fresh Entrée Salads Tomato Soup Fresh Celery Sticks Chilled Peaches Special Fresh Fruit – Blueberries	25 Oven Baked Chicken Patty/Wheat Bun Bean & Cheese Burrito Garden Fresh Entrée Salads Sweet Potato Fries Farm Fresh Green Beans Grape Juice Fresh Fruit
28 BBQ Pulled Pork/ Wheat Bun Mexican Pizza Garden Fresh Entrée Salads Fresh Baby Carrots Steamed Spinach Chilled Tropical Fruit Salad Fresh Fruit	29 Home Style Spaghetti & Meat Sauce Homemade Tuna Salad/ Crackers Garden Fresh Entrée Salads Fresh Cucumber Slices Italian Blend Vegetables Blue Raspberry Juice Fresh Fruit	30 Flame-Broiled Burger/ Wheat Bun Deli Style Turkey Ham & Cheese Wrap Garden Fresh Entrée Salads Sweet Potato Waffle Fries Baked Beans Chilled Pineapple Fresh Fruit	Each day we offer freshly made, pre-packaged entrée salads of garden greens topped with fresh vegetables and the chef's selection of roast turkey or ham, cheese, sliced chicken patty, tuna salad, egg salad or taco meat with a choice of dressing. Our entrée salads are available daily with legumes and sunflower kernels instead of meat or cheese.	

Menu subject to change due to availability.