

SIMPLY GOOD

April 2017 Portage Kindergarten / Y5 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Spring Break April 3 - 7				
10 Nachos with Corn Chips, Taco Meat, Cheese Seasoned Black Beans Sliced Pears Fruit & Veggie Bar 2 nd Choice: Beef Hot Dog	11 Popcorn Chicken Bites With Roll Cinnamon Glazed Carrots Banana Fruit & Veggie Bar 2 nd Choice: Taco Tuesday Soft Meat Taco	12 Macaroni & Cheese with Breadstick Roasted Broccoli Sliced Peaches Fruit & Veggie Bar 2 nd Choice: Cheeseburger	13 Sloppy Joe Sandwich Potato Smiles Fresh Grapes Fruit & Veggie Bar 2 nd Choice: Breakfast Fun Lunch *	14 Cheese Pizza Seasoned Zucchini Fresh Apple Fruit & Veggie Bar 2 nd Choice: Fun Fish Shapes With Roll
Price of full lunch includes: Daily Entrée ~ Bread ~ Vegetable ~ Fruit ~ Milk Choice of 1% white or fat free flavored milk available. All meals include a trip to Chartwells Fresh Food Bar. Featuring a variety of vegetables and fruits including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices.				
17 French Toast Sticks Turkey Sausage Sweet Potato Puffs Pineapple Fruit & Veggie Bar 2 nd Choice: Beef Hot Dog	18 Chicken Nuggets With Roll Homemade Baked Beans Sliced Peaches Fruit & Veggie Bar 2 nd Choice: Taco Tuesday Soft Meat Taco	19 Curly Pasta with Meat Sauce Garlic Breadstick Seasoned Green Beans Banana's with Cinnamon Sugar Fruit & Veggie Bar 2 nd Choice: Cheeseburger	20 LUCKY TRAY DAY Roasted Chicken With Roll Mashed Potatoes Mandarin Oranges Fruit & Veggie Bar 2 nd Choice: Breakfast Fun Lunch *	21 Cheese Filled Breadsticks with Sauce Roasted Broccoli Fresh Grapes Fruit & Veggie Bar 2 nd Choice: Fun Fish Shapes With Roll
24 Nachos with Corn Chips, Taco Meat, Cheese Seasoned Black Beans Sliced Pears Fruit & Veggie Bar 2 nd Choice: Beef Hot Dog	25 Breaded Chicken Sandwich Seasoned Broccoli Rosy Applesauce Fruit & Veggie Bar 2 nd Choice: Taco Tuesday Soft Meat Taco	26 Turkey & Gravy with Roll Mashed Potatoes Pineapple Fruit & Veggie Bar 2 nd Choice: Cheeseburger	27 Mini Corn Dogs with Roll Roasted Cauliflower Peaches & Strawberries Fruit & Veggie Bar 2 nd Choice: Breakfast Fun Lunch *	28 Cheese Pizza Seasoned Carrots Fresh Orange Wedges Fruit & Veggie Bar 2 nd Choice: Fun Fish Shapes With Roll
MENU SUBJECT TO CHANGE WITHOUT NOTICE				
Also featuring daily: Vegetarian Salad Romaine lettuce and spinach, shredded cheese, tomatoes, baby carrots, cucumbers. Served with a roll and crackers			Breakfast Fun Lunch Yogurt, Reduced Sugar Cinnamon Toast Crunch cereal bowl, Mozz Cheese Stick, Graham Cracker	
Lunch Price: \$2.25 paid, \$0.40 reduced*, free* (*if qualified)			Menu items with * may contain pork products	
Questions about the menu? Call the Food Service Office @ 323-5155 or e-mail slivingston@portageps.org			 The new way to view nutritional information for your child's menus. Check out our website at http://portageps.nutrislice.com	
Susan Livingston Chartwells Director of Dining Services				



April Food Focus



EARTH
month
MAKING A DIFFERENCE. ONE BITE AT A TIME.

Sugar snap peas, green beans, asparagus, cucumbers, onions, snow peas, and eggplant are some of the more well “known” and commonly used garden vegetables.

- All vegetables can be grown in the garden, but some are easier to grow than others. Garden vegetables that are fun to grow (and eat!) include string beans, leafy greens, tomatoes, squash (summer and winter squash), cucumbers, and potatoes (white and sweet).
- Vegetable gardens can be planted anywhere, but they need three main things to grow: lots of sunlight, water and good soil.
- If you try a vegetable and don't like how it tastes, try it again later, made in a different way – sometimes it takes a few tries to like a new food.

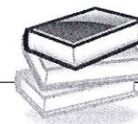


“Hop” on into Breakfast to win a cool fitness goodie basket!
Check out the flyer in your school café!

Breakfast Serving Time: 8:05 am - 8:35 am

Price: \$1.35 paid, \$0.30 reduced*, free* (*if qualified)

All Students are Welcome Every Day!



Elementary Breakfast Menu				
Breakfast Comes With Fruit or 100% Fruit Juice & Skim Milk.				
Mondays:	Tuesdays:	Wednesdays:	Thursdays:	Fridays:
Chocolate Chip Benefit Bar OR Assorted Cereals Graham Crackers Mozz Cheese Stick	Strawberry Yogurt Cup OR Assorted Cereals Graham Crackers Hard Boiled Egg	Mini “Cinni” Rolls OR Assorted Cereals Graham Crackers Mozz Cheese Stick	Bagel with Cream Cheese OR Assorted Cereals Graham Crackers Hard Boiled Egg	Assorted Muffins OR Assorted Cereals Graham Crackers Mozz Cheese Stick
Grab & Go Breakfast Bags				
All Grab & Go Bags are available at your child's current meal benefit level if they did not eat school breakfast today!				
Mondays:	Tuesdays:	Wednesdays:	Thursdays:	Fridays:
Cinnamon Toast Crisps Graham Crackers Fruit or Fruit Juice	Apple Cinnamon Benefit Bar Graham Crackers Fruit or Fruit Juice	Nutrigrain Bar Graham Crackers Fruit or Fruit Juice	Chocolate Chip Benefit Bar Graham Crackers Fruit or Fruit Juice	Ultimate Breakfast Round Graham Crackers Fruit or Fruit Juice

This institution is an equal opportunity provider.

checking their balance or adding money to your child's food service account has never been easier with

