

# APRIL

## AIA High School Lunch Menu

Monday		Tuesday		Wednesday		Thursday		Friday																																			
1	<b>Crispy Chicken Tenders</b> (3) Chicken Tenders 2 oz. WG Corn Muffin  <b>SIDES</b> 1 c. Waffle Fries 1/2 c. Fresh Apple  BBQ Sauce Ketchup	2	<b>Mexican Beef Tacos</b> 3 oz. Seasoned Beef 1 oz. Shredded Cheddar (2) WG Tortillas  <b>SIDES</b> 1 c. Roasted Garbanzo Beans 1/2 c. Fresh Seasonal Fruit  Taco Sauce	3	<b>Baked Chicken Wings</b> 5 - Chicken Wings  <b>SIDES</b> 1 c. Sweet Potato Wedges 1/2 c. Fresh Orange  BBQ Sauce Ketchup	4	<b>Beef Hot Dog</b> 2 oz. Beef Hot Dog 2 oz. WW Hot Dog Bun  <b>SIDES</b> 1 c. Fries 1/2 c. Fresh Banana  Ketchup	5	<b>Pizza</b> 2 oz. Pepperoni & Cheese 2 oz. WG Crust  <b>SIDES</b> 1 c. Fresh Broccoli 1/2 c. Fresh Seasonal Fruit  Ranch	8	<b>BBQ Ribette Sandwich</b> 2.8 oz. BBQ Beef Ribette 2.05 oz. WW Hamburger Bun  <b>SIDES</b> 1 c. Tater Tots 1/2 c. Fresh Apple  Ketchup	9	<b>Mexican Beef Burrito</b> 3 oz. Seasoned Beef 1 oz. Shredded Cheddar 2 oz WG Tortilla  <b>SIDES</b> 1 c. Pinto Beans 1/2 c. Fresh Seasonal Fruit  Taco Sauce	10	<b>Baked Chicken Wings</b> 5 - Chicken Wings  <b>SIDES</b> 1 c. Sweet Potato Fries 1/2 c. Fresh Orange  BBQ Sauce Ketchup	11	<b>Beef Hamburger</b> 2.5 oz. Beef Patty 2.05 oz. WW Hamburger Bun  <b>SIDES</b> 1 c. Waffle Fries 1/2 c. Fresh Banana  Ketchup	12	<b>Pizza</b> 2 oz. Pepperoni & Cheese 2 oz. WG Crust  <b>SIDES</b> 1 1/2 c. Garden Salad w/ Ranch 1/2 c. Fresh Seasonal Fruit  Italian Dressing	15	<b>Chicken Patty Sandwich</b> 3.29 oz. Crispy Chicken Patty 2 oz. WG Bun  <b>SIDES</b> 1 c. Sweet Potato Tots 1/2 c. Fresh Apple  Ketchup Mayo	16	<b>Walking Taco</b> 3 oz. Seasoned Beef 1 oz. Shredded Cheddar 2 oz. WG Corn Chips  <b>SIDES</b> 1 c. Black Bean Salsa 1/2 c. Fresh Seasonal Fruit  Taco Sauce	17	<b>Baked Chicken Wings</b> 5 - Chicken Wings  <b>SIDES</b> 1 c. Waffle Fries 1/2 c. Fresh Orange  BBQ Sauce Ketchup	18	<b>Italian Spaghetti</b> 2 oz. Ground Beef 1 oz. Mozzarella Cheese 1 c. WG Spaghetti Noodles 1/4 c. Spaghetti Sauce  <b>SIDES</b> 1 c. Broccoli 1/2 c. Fresh Banana	19	<b>Pizza</b> 2 oz. Pepperoni & Cheese 2 oz. WG Crust  <b>SIDES</b> 1 c. Baby Carrots 1/2 c. Fresh Seasonal Fruit  Ranch	22	<b>Beef Sloppy Joe</b> 2 oz. Ground Beef 2 oz. WG Bun  <b>SIDES</b> 1 c. Sweet Potato Wedges 1/2 c. Fresh Apple  Ketchup	23	<b>Mexican Beef Tacos</b> 3 oz. Seasoned Beef 1 oz. Shredded Cheddar (2) WG Tortillas  <b>SIDES</b> 1 c. Roasted Garbanzo Beans 1/2 c. Fresh Seasonal Fruit  Taco Sauce	24	<b>Baked Chicken Wings</b> 5 - Chicken Wings  <b>SIDES</b> 1 c. Tater Tots 1/2 c. Fresh Orange  Ketchup BBQ Sauce	25	<b>French Toast Brunch</b> (2) Turkey Sausage Links (2) WG French Toast  <b>SIDES</b> 1 c. Hashbrowns w/ Cheese 1/2 c. Fresh Banana  Syrup	26	<b>Pizza</b> 2 oz. Pepperoni & Cheese 2 oz. WG Crust  <b>SIDES</b> 1 c. Fresh Broccoli 1/2 c. Fresh Seasonal Fruit  Ranch	29	<b>Chicken Nuggets</b> (5) Chicken Nuggets 1.1 oz WG Dinner Roll  <b>SIDES</b> 1 c. Sweet Potato Fries 1/2 c. Fresh Apple  BBQ Sauce Ketchup	30	<b>Walking Taco</b> 3 oz. Seasoned Beef 1 oz. Shredded Cheddar 2 oz. WG Corn Chips  <b>SIDES</b> 1 c. Black Bean Salsa 1/2 c. Fresh Seasonal Fruit  Taco Sauce

**This institution is an equal opportunity provider.**  
**\*Menu items are subject to change based on availability.\***  
**Choice of Milk: FF Chocolate, FF White or 1% White**

### ALTERNATIVE OPTIONS

#### MONDAY

##### ALT - Vegetarian Lasagna (VG)

6 oz. Cheese Lasagna w/ WG Noodles & 1 c. Glazed Carrots

##### SALAD - Chicken Pasta Salad

2.8 oz. Grilled Chicken, 1 c. WG Pasta, 1 c. Carrots, Broccoli, Peppers, Italian Dressing

#### TUESDAY

##### ALT - Bean & Cheese Burrito (VG)

4 oz. Bean & Cheese Burrito on WG Tortilla, 1 c. Mexican Corn, Salsa

##### SALAD - Southwest Salad

2 oz. Taco Beef, 1 oz. Cheddar Cheese, 1.5 c. Romaine, 1/4 c. Black Beans, 2 oz. WG Corn Chips, Taco Sauce

#### WEDNESDAY

##### ALT - WG Grilled Cheese Sandwich (VG)

4 oz. WG Grilled Cheese on WW Bread, 1 c. Tater Tots, Ketchup

##### SALAD - Chef Salad

2.8 oz. Turkey, 1 oz. Cheese, 1.5 c. Romaine, 1/4 c. Cucumber, 2 oz. WG Croutons, Ranch

#### THURSDAY

##### Cheese Pizza (VG)

4 oz. WG Cheese Pizza w/ WG Crust, 1 c. Broccoli

##### Crispy Chicken Salad

3.39 oz. WG Crispy Chicken, 1 oz. Cheddar Cheese, 1.5 c. Romaine, 1/4 c. Tomato, 2 oz. WG Croutons, Ranch

**\*All meals are served with the "fruit of the day" & your choice of milk. FF Chocolate, FF Unflavored & 1% Unflavored milk is available\***