

# Lunch Menu

## Struthers Middle School

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APRIL

# Wildcats

### What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
 Choice of Vegetable, Choice of Fruit\*  
 Choice of Grain/Bread,  
 and Choice of Milk

**\*Students must choose at least one fruit or vegetable**

### Fresh Fruits and Vegetables Offered Daily

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| <p><b>*Vegetables may include:</b><br/>         Broccoli Florets<br/>         Baby Carrots<br/>         Dark Leafy Greens<br/>         Legume Salads<br/>         Celery &amp; Cucumber<br/>         *May choose two 1/2 cup servings</p> | <p><b>*Fruits may include:</b><br/>         Crisp Apple<br/>         Sliced Peaches<br/>         Mixed Fruit<br/>         Fresh Orange<br/>         Banana<br/>         Pineapple Tidbits<br/>         Diced Pears<br/>         Applesauce<br/>         *May choose 1/2 cup serving</p> |
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**MENUS SUBJECT TO CHANGE**



### Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,  
 Fat Free White and Low Fat White

**Paid \$2.50**  
**Reduced \$.40**  
**Adult \$4.00**

This institution is an equal opportunity provider

Whole Grains Available Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <b>NO SCHOOL</b>	2 <b>NO SCHOOL</b>
5 <b>NO SCHOOL</b>	6 <b>NO SCHOOL</b>	7 Hot Dog on Bun W / toppings Baked Beans Choice of fruit Choice of milk	8 Popcorn Chicken Mashed potato w / gravy Carrot / celery sticks Choice of fruit Choice of milk	9 Cocca's Pizza Salad w / ranch or Italian Choice of fruit Choice of milk Choice of cookie
12 Pepperoni Rolls W / dipping sauce Buttered corn Choice of fruit Choice of milk	13 SMS Pasta With meatballs Carrot / celery w / dip Choice of fruit Choice of milk	14 Chicken Quesadilla Glazed carrots Choice of fruit Choice of milk	15 Toasted Cheese Sandwich Tomato soup Celery w / dip Choice of fruit Choice of milk Gold fish crackers	16 Papa John's Pizza Romaine salad Choice of ranch or Italian Choice of fruit Choice of milk Choice of cookie
19 Nacho Bell Grande Seasoned meat Cheese, salsa, chips Black beans Choice of fruit Choice of milk	20 Crispy Chicken Sandwich Onion rings Choice of fruit Choice of milk	21 <b>Breakfast for Lunch</b> Buttermilk Pancakes Tri potato Sausage links Choice of fruit Choice of milk	22 Bosco Cheese Sticks W / dipping sauce Seasoned green beans Choice of fruit Choice of milk	23 Cocca's Pizza Salad w / ranch or Italian Choice of fruit Choice of milk Choice of cookie
26 Hamburger on Bun W / toppings Waffle fries Choice of fruit Choice of milk	27 4 Cheese French Bread Sweet potato soufflé Choice of fruit Choice of milk	28 Walking Beef Taco Shredded cheese / lettuce Salsa / chips Sweet peas Choice of fruit Choice of milk	29 Mini Corn Dogs BBQ baked beans Choice of fruit Choice of milk	30 Papa John's Pizza Romaine Salad Choice of dressing Choice of fruit Choice of milk Choice of cookie
<b>Check out Daily Alternates</b> 	Choice of Salads Chicken Wraps PB&J'S Sub Sandwich	