SCHOOLHOUSE GRILL
School Meal Specialist

Sparkles! Crystal City

April 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
All lunches served with age appropriate milk, either 1% or whole milk. All meals conform to grain requirements of ½ oz equivalent.	THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS	Fresh or Chilled Fruit: Apples, Cantaloupe, Watermelon, Honeydew, Banana, Oranges This Institution is an equal opportunity provider.		Organic Cheese & Vegetable Tortelloni w/ Pesto ½ c Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip Veggie: Cheese & Vegetable Tortelloni; Fresh or Chilled Fruit
4	5	6	7	8
Whole Grain Breaded Chicken Nuggets 4 ea; ½ oz Enriched Bread Slice; Sweet Hot Baby Peas ¼ c; Veggie: Morningstar Chik Nuggets Fresh or Chilled Fruit	Italian Cavatappi Pasta w/ Bolognese (Chicken) Sauce ½ c Sweet Yellow Corn ¼ c Veggie: Italian Cavatappi w/ Marinara Fresh or Chilled Fruit	"Breakfast For Lunch" Jumbo Square Waffles 2 ea w/ Syrup Turkey Sausage Patty 1 ea Veggie: Morningstar Breakfast Patty; Fresh or Chilled Fruit	Home-Style Turkey Meatballs 3 ea over Enriched Whole Grain Rice ¼ c; Fresh Tossed Salad ¼ c w/ Ranch Dressing; Veggie: Veggie Balls over Rice Fresh or Chilled Fruit	Cheddar Cheese Quesadilla 1 ea; Two-Way Hot (Peas & Carrots) Mixed Vegetables ¼ c Veggie: Cheese Quesadilla Fresh or Chilled Fruit
11	12	13	14	15
Whole Grain Breaded Chicken Tenders 3 ea; ½ oz Enriched Bread Slice; Capri Blend Hot Mixed Vegetables ¼ c Veggie: Morningstar Tenders Fresh or Chilled Fruit	Teriyaki Chicken Strips 2 oz w/ Enriched Whole Grain Rice ¼ c Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip Veggie: Veggie Teriyaki Chik Strips; Fresh or Chilled Fruit	Kid Fav Creamy Mac n' Cheese ½ c Five-Way Hot Mixed Vegetables ¼ c Veggie: Mac n' Cheese Fresh or Chilled Fruit	Slow Roasted Turkey & American Cheese Sub ½ ea Fresh Green Beans ¼ c Veggie: Double Cheese Sub Fresh or Chilled Fruit	Hawaiian Turkey Meatballs 3 ea over Enriched Grain Rice ¼ c Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip; Veggie: Veggie Hawaiian Balls over Rice Fresh or Chilled Fruit
18	19	20	21	22
Chicken Fajita Rice Bowl 2 oz Enriched Whole Grain Rice ¼ c w/ Cheddar Cheese; Fresh Tossed Salad ¼ c w/ Ranch Dressing; Veggie: Bean Rice Bowl; Fresh or Chilled Fruit	Classic Cheesy Baked Ziti ½ c Two-Way Hot (Peas & Corn) Mixed Vegetables ¼ c Veggie: Cheesy Baked Ziti Fresh or Chilled Fruit	"Breakfast For Lunch" Buttermilk Pancakes 2 ea w/ Syrup Turkey Sausage Patty 1 ea Veggie: Morningstar Breakfast Patty; Fresh or Chilled Fruit	Grilled Chicken Breast 1 ea & Gravy; Creamy Mashed Potatoes ¼ c; Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip; Veggie: Morningstar Patty Fresh or Chilled Fruit	House Made Creamy Chicken Penne Alfredo ½ c Two-Way Hot (Peas & Carrots) Mixed Vegetables ¼ c Veggie: Creamy Penne Alfredo Fresh or Chilled Fruit
25	26	27	28	29
Kid Fav Creamy Mac n' Cheese ½ c California Blend Hot Mixed Vegetables ¼ c Veggie: Mac n' Cheese Fresh or Chilled Fruit	Home-Style Turkey Meatballs 3 ea over Enriched Whole Grain Rice ¼ c; Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip Veggie: Veggie Balls over Rice Fresh or Chilled Fruit	Fresh Grilled Beef Hamburger Patty on Whole Grain Bun 1 ea Capri Blend Hot Mixed Vegetables ¼ c; Veggie: Morningstar Garden Burger on Bun; Fresh or Chilled Fruit	Mini Four Cheese Ravioli w/ Marinara Sauce ½ c Sweet Yellow Corn ¼ c Veggie: Mini Four Cheese Ravioli w/ Marinara Sauce Fresh or Chilled Fruit	Whole Grain Breaded Chicken Tenders 3 ea ½ oz Enriched Bread Slice Fresh Green Beans ¼ c Veggie: Morningstar Tenders Fresh or Chilled Fruit