

# April 2017

## Tamworth Tiger Cub Cafe

### LUNCH



**School Information:** *LF & Skim milk served with all meals.*  
*Hearty breakfast offered every morning.*  
*Fresh fruit or vegetable available to all students daily.*

*USDA & this school are equal opportunity employers.*



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.  
*Good Nutrition and Healthy Lifestyle choices for our students.*  
*Making a difference one bite at a time!*



### Monday

3

Blueberry Pancakes  
Sausage Patties  
Roasted Squash  
Fruit

### Tuesday

4

Chicken Quesadillas  
Mexican Rice  
Salad Bar  
Fruit

### Wednesday

5

American Chop Suey  
Fresh Salad  
Dinner Roll  
Fruit

### Thursday

6

Ham & Cheese Melt  
Veggie Sticks  
Fruit

### Friday

7

**Pizza Party**  
WG Cheese Pizza  
Fresh Salad  
Fruit

10

French Toast  
Cheesy Eggs  
Roasted Veggies  
Fruit

11

Chicken Fajita with sautéed  
peppers and onions  
Salad Bar  
Fruit

12

Creamy Corn Chowder  
Boiled Eggs  
Cinnamon Rolls  
Veggie Sticks  
Fruit

13

Baked Ham with Raisin Sauce  
Mashed Potato  
Fresh Peas  
Carrot Cake  
Fruit

14

**Pizza Party**  
WG Pepperoni Pizza  
Fresh Salad  
Fruit

17



No School

18

No School

19

No School

20



No School

21

No School

24

Chicken Nuggets  
French Fries  
Dinner Roll  
Carrots  
Fruit

25

Pulled Pork Sandwich  
Broccoli  
Macaroni Salad  
Fruit

26

Breaded Mozzarella Sticks  
Salad Bar  
Blueberry Bread  
Fruit

27

Teriyaki Chicken Strips  
Cheese Biscuits  
Fresh Salad  
WG Herbed Rice  
Fruit

28

**Pizza Party**  
WG Cheese Pizza  
Fresh Salad  
Fruit

Alternates:  
4/3-4/7 Turkey Sandwich  
4/10-4/14 Egg Salad Sandwich  
4/24-4/28 Tuna Sandwich

Pay for meals on line go to:  
[Myschoolbucks.com](http://Myschoolbucks.com)

