Pulaski County School Nutrition
Middle School Supper Menu

APRIL 2017

If you have questions about the school nutrition program, call 540 994-2523 "Menu subject to Change"

		NOKID HUNGRY SHARE OUR STRENGTH		
3 ***Did you know the best place to store tomatoes is at room temperature until they are fully ripened? A ripe tomato is red or reddish orange and yields to slight pressure.***	**4** Popcorn Chicken w/ Dipping Sauce & Roll WG Creamed Potatoes Steamed Corn Frozen Sidekick or Fruit Selection	**5** Mini Corndog Nuggets WG Potato Smiles Baked Beans Applesauce or Fruit Selection	**6** *Fresh Tomato Day* Gilardi Cheese Sticks w/ Dipping Sauce Garden Salad w/Dressing Steamed Corn Fruit Selection	**7** Chicken Fillet/Bun Shredded Lettuce Baked French Fries Broccoli & Cheese Fruit Selection Chocolate Chip Cookie
10 *Fruits and Veggies are naturally low in calories.*	**11** Community Night Chicken Fillet on Bun Lettuce/*Tomato Slice* Dill Chips Baked Potato *w/ Butter & Sour Cream* Shortcake w/Peaches or Strawberries	**12** Pepperoni Calzone Garden Salad/Dressing Steamed Corn Fruit Selection Cocoa Cherry Bar	**13** Hamburger or Cheeseburger/Bun or Lettuce/Tomato Slice/Dills French Fries Baked Beans Fruit Selection	**14** Good Friday Schools Closed
17 Schools Closed Spring Break	**18** Schools Closed Spring Break	**19** Tyson Drumsticks Creamed Potatoes Seasoned Green Beans Mandarin Oranges or Applesauce Baked Rolls	**20** Deli Sub Sandwich (turkey/ham/cheese) Lettuce/tomato/dills Doritos or Cheetos Baked Beans Fruit Selection Chocolate Chip Cookie	**21** **Hot & Spicy or** **Plain Chicken Sandwich** **w/ Lettuce** Curly Fries Broccoli & Cheese Fruit Selection
24 fruits&veggies more matters	**25** Chili/Chips & Cheese Lettuce/Tomato Salad w/ Ranch Dressing Steamed Corn Frozen Sidekick or Fruit Selection	**26** Asian Chicken WG Creamed Potatoes Broccoli w/ Cheese Delicious Baked Roll Pineapple Tidbits or Peaches	**27** Pepperoni Calzone WG Garden Salad w/ Dressing Steamed Corn Fruit Selection Chocolate Chip Cookie	**28** Steak & Cheese on Sub Roll w/ Green Peppers & Onions Curly Fries Steamed Peas Fruit Selection Scooby Bones

- **Milk available with all meals: 8 ounces -- 1% unflavored or Skim Flavored or Unflavored**

2016.2017 Non Disc Statement

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*Every step taken towards eating more fruits and veggies helps you and your family be at their best. Because eating fruits and vegetables may reduce your family's risk of many diseases, the Dietary Guidelines for Americans recommends eating more fruits and vegetables than any other food group. All forms of fruits and vegetables matter: fresh, frozen, canned, dried, and 100% juice. And colors are important. Eat a colorful variety of fruits and vegetables every day!