

April 2017

George Little Rock School Menu

S	Mon	Tue	Wed	Thu	Fri	Sa
2	BRFT: FRENCH TOAST 3 Hot Ham & Cheese/WG Bun Peas Vegetable Bar Orange Slices Applesauce	BRFT: PANCAKE/STICK 4 Texas Straw Hats Cheese Sauce Refried Beans Vegetable Bar Apple Slices Diced Pears	BRFT: WAFFLES 5 Mr. Rib/WG Bun Green Beans Vegetable Bar Strawberries Diced Peaches	BRFT: EGG OMELET 6 Italian Dunkers Cheese Bread Vegetable Bar Banana Mixed Fruit WG Cookie	BRFT: CEREAL 7 Fish Rice/Peas Vegetable Bar Mandarin Oranges Grapes Sandwich	8
9	BRFT: FRENCH TOAST 10 Chicken Nuggets Mashed Potatoes/Gravy Corn Vegetable Bar Orange Slices/ Applesauce Sandwich	BRFT: PANCAKE/STICK 11 Hot Chicken Sandwich WG Bun Peas Vegetable Bar Apple Slices Diced Pears	BRFT: WAFFLES 12 Chili & Chips/Cheese Sauce Vegetable Bar Strawberries Diced Peaches Sandwich	BRFT: EGG OMELET 13 Spaghetti WG Bread Stick Vegetable Bar Banana Mixed Fruit	NO SCHOOL	14 15
16	NO SCHOOL	BRFT: PANCAKE/STICK 18 Potato Ole` Cheese Sauce Refried Beans Vegetable Bar Apple Slices/Diced Pears Sandwich	BRFT: WAFFLES 19 Hot Dog/WG Bun Baked Beans Vegetable Bar Strawberries Diced Peaches	BRFT: EGG OMELET 20 Pork Patty Mashed Potatoes/Gravy Sliced Carrots Vegetable Bar Banana/Mix Fruit Sandwich	BRFT: CEREAL 21 Oriental Chicken Rice/Peas Vegetable Bar Mandarin Oranges Grapes	22
23	BRFT: FRENCH TOAST 24 Scalloped Potatoes/Ham Green Beans Vegetable Bar Orange Slices Applesauce Sandwich	BRFT: PANCAKE/STICK 25 Turkey Chees Sub/WG Bun Peas Vegetable Bar Apple Slices Diced Pears	BRFT: WAFFLES 26 Taco in a Bag Shredded Cheese Vegetable Bar Strawberries Diced Peaches WG Cookie	BRFT: EGG OMELET 27 Crisptos/Cheese Sauce Vegetable Bar Banana Mixed Fruit Sandwich	BRFT: CEREAL 28 Chicken Patty WG Bun Corn Vegetable Bar Mandarin Oranges Grapes	29
30			VEGETABLE BAR Lettuce/Romaine Lettuce Baby Carrots Broccoli Grape Tomatoes Shredded Cheese Croutons Ranch/French Dressing	BREAKFAST Toast / Cup of Fruit Milk / 4 oz. Juice MS & HS Pizza Boat, Pizza Sliders, Burrito, Ham & Egg Patty, Toast	MILK CHOICES AT EVERY MEAL Skim 1% Chocolate Skim	