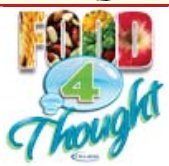
Don't forget to eat your vegetables.

Ballard Middle school Lunch Menu

Entree Salad or Fresh Made Sandwich Offered Daily

April 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ChooseMyPlate.gov				
National Garden Month 3 French Toast Sticks with Sausage Breakfast Potato Diner Station- Chicken Sand	4 Popcorn Chicken Bites & Soft Pan Roll Mashed Potatoes & Gravy Pizza Parlor *	5 Italian Meatball Sub Savory Baked Beans Creamy Coleslaw Panini Grilled Sand *	6 Beefy Nachos with Homemade Cheese Sauce Corn Pizza Parlor *	7 Cheese Bread with Marinara Sauce Garden Salad Diner Station- Fish Sand
10 Salisbury Steak with Mashed Potatoes and Gravy, Roll Spring Peas Diner Station- Chicken Sand	11 Soft Shell Tacos with Lettuce, Cheese & Salsa Spiced Pinto Beans Pizza Parlor *	***Cheese Sandwich Day*** 12 Toasted Cheese Sandwich Tomato Soup Build Your Own Sub * **Chocolate Chip Cookie**	13 Sloppy Joe on a Bun Tator Tots Pizza Parlor *	***HOM ~ Cara Cara*** 14 Chili Crispito w Cheese Sauce Roasted Broccoli Diner Station- Fish Sand **Fresh Cara Cara**
17 BBQ Burger Sweet Potato Fries Diner Station- Chicken Sand	18 Italian Pizza Bake Romaine Salad Pizza Parlor *	19 Crispy Chicken Nuggets and French Bread Slice Ranch Potato Wedges Panini Grilled Sand *	20 Walking Taco with Lettuce and Tomato Black Beans Pizza Parlor *	***HOM ~ Fenugreek*** 21 Chicken fried Rice Fortune Cookie Stir-Fried Vegetables Diner Station- Roasted Hot Dog
24 Popcorn Chicken Bites & Soft Pan Roll California Blend Vegetable Diner Station- Chicken Sand	25 Homemade Meatloaf with French Bread Slice Mashed Potatoes & Gravy Pizza Parlor *	***National Pretzel Day*** 26 All American Burger Baked Beans Chef' Display *	***HOM ~ Rhubarb*** 27 Chicken Parmesan with Pasta, Breadstick Romaine Salad Pizza Parlor * **Rhubarb Muffin Square**	***Oatmeal Cookie Day*** 28 BBQ Riblet Sand Diner Station- Roasted Hot Dog **Oatmeal Cookie**

PRICES

Regular	$2.65
Reduced	$0.40
Adult	$3.60
Premium	$3.20
Extra Milk	$0.45

HARVEST OF THE MONTH

EXTRA INFO

Milk choice of 1% White, Skim or Chocolate Skim is included with lunch.
Entree Salads are served with Dinner Roll
For questions or comments, contact The Food Service Director at 515.597.2750 or email gchapin@ballard.k12.ia.us

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