



# APRIL 2015

## NCAPA Breakfast & Lunch Menus



### CHEF MANNY PANDA'S NUTRITION FACTS

#### April Promotions!

With only two months of school to go, Food and Nutrition Services are excited about our upcoming promotions! On April 15<sup>th</sup>, look for the return of our **“Breakfast-for-Lunch”** themed meal of *whole-wheat pancakes and sausage*. This meal contains plenty of protein and fiber and will give you the energy to excel in the classroom.

*Try-It Tuesday:* Look for a new breakfast item on April 21<sup>st</sup>: a **whole-grain cinnamon roll!** Pair this with a piece of fruit and milk and consider your nutrition bases covered! Enjoy the warmer weather and keep eating healthy and working hard in the classroom 😊 .



**Food and Nutrition Services Director:**  
Althea Albert-Santiago, 314-345-4519;  
**Director of Dining Services:**  
Mike Butler, 314-381-4155  
**SFE Associate Director of Nutrition  
Operations:** Megan Fraley, 314-381-4155



#### PUTTING CHILD NUTRITION FIRST!



Due to our constant pursuit of excellence SFE will enhance our menus through students' feedback, surveys, parent meetings, recipe development and market trends.



# NCAPA Breakfast

Fresh Fruit and Vegetable Bar Served Daily!

April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Served Every Day ...</b> Assorted WH Low-Sugar Cereal WG Toast and Margarine/Jelly</p> 		<p>1- Cinnamon French Toast w/ syrup <b>V</b> Grape Juice, Pineapple Tidbits</p>	<p>2- Oatmeal <b>V</b> Apple Juice, Sliced Peaches</p>	<p>3- No School</p>
<p>6- Apple Frudel <b>V</b> Apple Juice, Diced Pears</p>	<p>7- Egg &amp; Turkey Sausage Taco Orange Juice, Apple Sauce</p>	<p>8- Banana Loaf <b>V</b> Grape Juice, Pineapple Tidbits</p>	<p>9- Pancakes &amp; Turkey Sausage w/ syrup Apple Juice, Sliced Peaches</p>	<p>10- Egg &amp; Cheese Croissant Sandwich <b>V</b> Orange Juice, Fresh Banana</p>
<p>13- Mini Cinni Roll <b>V</b> Apple Juice, Pineapple Tidbits</p>	<p>14- Egg &amp; Sausage English Muffin Sandwich Orange Juice, Apple Sauce</p>	<p>15- Mini Blueberry Pancakes w/ syrup <b>V</b> Grape Juice, Mandarin Oranges</p>	<p>16- Cinnamon Raisin Bagel <b>V</b> Apple Juice, Sliced Peaches</p>	<p>17- Turkey Ham, Egg, &amp; Cheese Quesadilla w/ salsa Orange Juice, Fresh Banana</p>
<p>20- Egg, Turkey Sausage &amp; Cheese Biscuit Sandwich Apple Juice, Sliced Peaches</p>	<p>21- <b>TRY-IT TUESDAY</b>  <b>Whole-grain cinnamon roll</b> <b>V</b> Grape Juice, Pineapple Tidbits</p>	<p>22- Waffles w/ syrup <b>V</b> Orange Juice, Fresh Banana</p>	<p>23- Pineapple &amp; Vanilla Yogurt Parfait <b>V</b> Apple Juice, Diced Pears</p>	<p>24- Breakfast on Stick w/ syrup Orange Juice, Pineapple Tidbits</p>
<p>27- Colby Cheese Omelet w/ Salsa <b>V</b> Apple Juice, Fresh Orange</p>	<p>28- Turkey Ham, Egg, &amp; Cheese Quesadilla w/ Salsa <b>V</b> Orange Juice, Fresh Banana</p>	<p>29- Cinnamon French Toast <b>V</b> Grape Juice, Pineapple Tidbits</p>	<p>30- Oatmeal <b>V</b> Apple Juice, Sliced Peaches</p>	

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Menu is subject to change  
SLPS is a pork-free district  
All recipes made with whole grains  
Vegetarian items **V**

### Elementary School Menu Prices:

Student Second Lunch \$1.10	Student Second Breakfast \$1.15
Adults Lunch \$2.50	Adult Breakfast \$2.25
	Milk \$0.40

First Meals for both Breakfast and Lunch are Free

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# NCAPA Lunch

## Fresh Fruit and Vegetable Bar Served Daily!



April 2015

Monday

Tuesday

Wednesday

Thursday

Friday

Look for our vegetable of the month: **Leafy Greens!**  
Leafy greens are full of vitamins, minerals, fiber, and disease-fighting phytochemicals.



6- Rice & Beans **V**  
Turkey Melt Sandwich  
Fish Patty Sandwich  
Tater Gem

7- Rice & Beans **V**  
Cheese Pizza **V**  
Pepperoni & Jalapeno Pizza  
Turkey Ham Sub  
Steamed Broccoli

13- Rice & Beans **V**  
Chicken Quesadilla  
Chicken Tenders  
Mexicorn

14- Rice & Beans **V**  
Cheese Pizza **V**  
Turkey & Cheese Sub  
Chicken Alfredo Pizza  
5-way Mixed Veggies

20- Rice & Beans **V**  
Turkey Burger  
Bean & Cheese Burrito **V**  
Tater Gem

21- Rice & Beans **V**  
Turkey Melt Sandwich  
Cheese Pizza **V**  
Supreme Pizza  
Cooked Crinkle Cut Carrots

27- Rice & Beans **V**  
Spicy Chicken Rings  
Chicken Quesadilla  
Mexicorn

28- Rice & Beans **V**  
Cheese Pizza **V**  
Turkey & Cheese Sandwich  
Spicy Chicken Pizza  
Steamed Broccoli

1- Rice & Beans **V**  
Turkey Hot Dog  
Supreme Nachos  
5-way mixed veggies

8- Rice & Beans **V**  
Macaroni & Cheese **V**  
Chicken Patty Sandwich  
Corn

15- **BREAKFAST FOR LUNCH**  
**Pancakes & Turkey Sausage**  
Rice & Beans **V**  
Turkey Corn Dog  
Corn

22- Rice & Beans **V**  
Grilled Cheese Sandwich **V**  
Supreme Nachos  
5-way Mixed Veggies

29- Rice & Beans **V**  
Turkey Melt Sandwich  
Chicken Tenders  
Tater Gem

2- Rice & Beans **V**  
Buffalo Chicken Pizza  
Turkey Ham & Cheese Salad  
Cheese Pizza **V**  
Cooked Crinkle Cut Carrots

9- Rice & Beans **V**  
Garlic Chile Chicken w/Rice  
Cheese Pizza **V**  
Chicken Fajita Pizza  
Green Peas

16- Rice & Beans **V**  
Pepperoni Pizza  
Turkey & Cheese Sandwich  
Cheese Pizza **V**  
Italian Mixed Veggies

23- Rice & Beans **V**  
Cheese Pizza **V**  
Turkey Ham Sub  
Hawaiian Pizza  
Green Peas

30- Rice & Beans **V**  
Cheese Pizza **V**  
Turkey Ham Sub  
Buffalo Chicken Pizza  
Winter Mixed Veggies

3- No School

10- Rice & Beans **V**  
Sweet & Sour Chicken w/Rice  
Pasta Primavera w/Chicken  
Green Beans

17- Rice & Beans **V**  
Garlic & Herb Veggie Rotini **V**  
Chicken Quesadilla  
Green Beans

24- Rice & Beans **V**  
Chicken Alfredo  
Chicken Nuggets  
Sweet Potato Fries

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**Milk**

Reduced Fat Milk Variety  
Offered Daily

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