

APRIL 2009 LUNCH MENU

Edmonds School District No. 15

Spring Break March 30-April 3, 2009

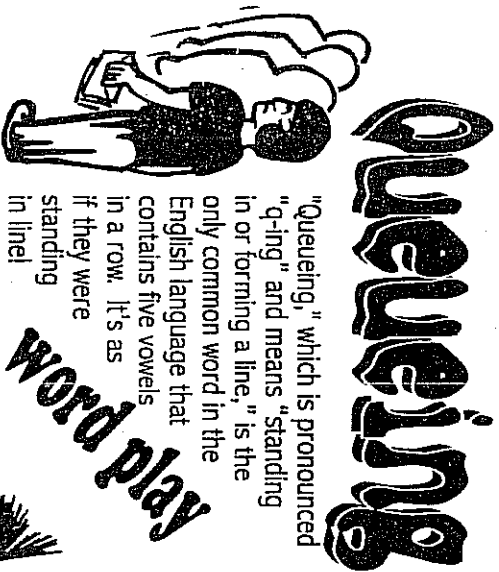
Canadian coin not accepted	ELEMENTARY	SECONDARY
Student Breakfast	\$ 1.75	\$ 2.00
Student Lunch	3.25	4.00
Adult Lunch	\$ 5.00	\$ 5.00
Adult Breakfast	2.50	2.50
Milk	.50	.50
20 Student Breakfast (Pre-paid)	\$35.00	\$40.00
20 Student Lunch (Pre-paid)	\$65.00	\$80.00

The price for reduced cost meals is set by USDA. Breakfast is free and lunch is free for grades K-3 and 40-cents for preschool and grades 4-12. For more information visit edmonds.wednet.edu. This institution is an equal opportunity provider.

Our menus meet the guidelines for the USDA National School Lunch and Breakfast Programs. Nutrition information is available upon request. Our menus, nutrition information and much more can be found on the district website at edmonds.wednet.edu.

Menu subject to change due to product availability

*MAY CONTAIN PORK
**MEATLESS ENTREE



"Queueing," which is pronounced "q-ing" and means "standing in or forming a line," is the only common word in the English language that contains five vowels in a row. It's as if they were standing in line!

Word play

Mon., April 6
CHICKEN NUGGETS WITH A ROLL OR CHEESEBURGER OR MEATLESS BBQ RIBLET** ON A BUN
Tossed Salad Fresh Vegetables Fresh Fruit Canned Fruit Choice of Milk

Tue., April 7
COUNTRY BEEF STEAK STRIPS WITH MASHED POTATOES & GRAVY WITH A ROLL OR CHICKEN BURGER OR TEXAS TOAST**
Tossed Salad Fresh Vegetables Fresh Fruit Canned Fruit Choice of Milk

Wed., April 8
HOT DOG OR CHICKEN BURGER OR CHEESE PIZZA** GARDEN SALSA SUN CHIPS
Tossed Salad Fresh Vegetables Fresh Fruit Canned Fruit Choice of Milk

Thur., April 9
MACARONI & CHEESE** WITH A ROLL OR CHICKEN BURGER OR BBQ BEEF TENDERS WITH A ROLL
Tossed Salad Fresh Vegetables Fresh Fruit Cherry Cup Choice of Milk

Fri., April 10
TERIYAKI CHICKEN BITES WITH RICE OR CHEESEBURGER OR BEAN & CHEESE BURRITO** WITH A ROLL SPORT COOKIE
Tossed Salad Fresh Vegetables Fresh Fruit Canned Fruit Choice of Milk

Mon., April 13
CONRDOG OR CHICKEN BURGER OR CHEESE QUESADILLA**
BAKED CHEETOS Tossed Salad Fresh Vegetables Fresh Fruit Canned Fruit Choice of Milk

Tue., April 14
SPAGHETTI WITH A ROLL OR CHICKEN BURGER OR BEAN & CHEESE BURRITO** WITH A ROLL
Tossed Salad Fresh Vegetables Fresh Fruit Canned Fruit Choice of Milk

Wed., April 15
FISH NUGGETS WITH A ROLL OR CHICKEN BURGER OR TACO HOT POCKET**
Tossed Salad Fresh Vegetables Fresh Fruit Canned Fruit Choice of Milk

Thur., April 16
MACHO NACHOS WITH A ROLL OR CHICKEN BURGER OR TOASTED CHEESE SANDWICH**
Tossed Salad Fresh Vegetables Fresh Fruit Canned Fruit Choice of Milk

Fri., April 17
PEPPERONI PIZZA* WITH A ROLL OR CHICKEN BURGER OR STUFFED BREAD STICKS** OATMEAL RAISIN COOKIE
Tossed Salad Fresh Vegetables Fresh Fruit Canned Fruit Choice of Milk

CHANGE Our World

FIGHT AGAINST GLOBAL HUNGER

April 2009 is Global Child Nutrition Month.

Hunger affects children around the globe and here in the U.S. You can help. To learn more visit

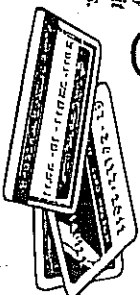
www.ChangeOurWorldOnline.org

SCHOOL MEALS

Do 'Em Daily!

Convenience Control CONNECT!

Use your credit card/ debit card to pay for meals on-line!



Go to mylunchmoney.com and prepay for meals with your credit card or debit card. Just follow the online instructions. Questions call Food Service Office at 435-431-7080.

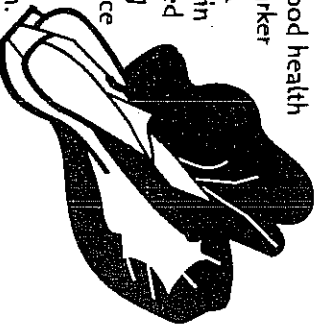
Earth Day
April 22



Keep it clean

GO (DARK) GREEN

"Going Green" is a good health strategy - and the darker green, the better! All lettuces are very low in calories, but compared to light-green iceberg lettuce, a darker lettuce like romaine provides far more fiber, beta-carotene, and calcium.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

<p>Mon., April 20</p> <p>BEAN AND CHEESE BURRITO** WITH A ROLL</p> <p>OR</p> <p>CHICKEN BURGER</p> <p>OR</p> <p>HOT DOG</p> <p>FRITOS</p> <p>Tossed Salad Fresh Vegetables Fresh Fruit Canned Fruit</p> <p>Choice of Milk</p>	<p>Tue., April 21</p> <p>HAMBURGER GRAVY OVER MASHED POTATOES WITH A ROLL</p> <p>OR</p> <p>CHICKEN BURGER</p> <p>OR</p> <p>TEXAS TOAST**</p> <p>OREO COOKIES</p> <p>Tossed Salad Fresh Vegetables Fresh Fruit Canned Fruit</p> <p>Choice of Milk</p>	<p>Wed., April 22</p> <p>BBQ CHICKEN FILLET ON A BUN</p> <p>OR</p> <p>CHEESEBURGER</p> <p>OR</p> <p>MACARONI & CHEESE** WITH A ROLL.</p> <p>Tossed Salad Fresh Vegetables Fresh Fruit Canned Fruit</p> <p>Choice of Milk</p>	<p>Thur., April 23</p> <p>SWEET AND SOUR MEATBALLS WITH RICE</p> <p>OR</p> <p>CHICKEN BURGER</p> <p>OR</p> <p>CHEESE PIZZA** WITH A ROLL</p> <p>Tossed Salad Fresh Vegetables Fresh Fruit Canned Fruit</p> <p>Choice of Milk</p>	<p>Fri., April 24</p> <p>CHICKEN FRYZ WITH A ROLL</p> <p>OR</p> <p>CHEESEBURGER</p> <p>OR</p> <p>MEATLESS BBQ RIBLET** ON A BUN</p> <p>Tossed Salad Fresh Vegetables Fresh Fruit Canned Fruit</p> <p>Choice of Milk</p>
<p>Mon., April 27</p> <p>MACHO NACHOS WITH A ROLL</p> <p>OR</p> <p>CHICKEN BURGER</p> <p>OR</p> <p>TEXAS TOAST**</p> <p>Tossed Salad Fresh Vegetables Fresh Fruit Canned Fruit</p> <p>Choice of Milk</p>	<p>Tue., April 28</p> <p>WIENER WINK</p> <p>OR</p> <p>CHICKEN BURGER</p> <p>OR</p> <p>TOASTED CHEESE SANDWICH**</p> <p>SUN CHIPS</p> <p>Tossed Salad Fresh Vegetables Fresh Fruit Canned Fruit</p> <p>Choice of Milk</p>	<p>Wed., April 29</p> <p>RAVIOLI WITH A ROLL</p> <p>OR</p> <p>CHICKEN BURGER</p> <p>OR</p> <p>CHEESE QUESADILLA**</p> <p>GOT MILK COOKIES</p> <p>Tossed Salad Fresh Vegetables Fresh Fruit Canned Fruit</p> <p>Choice of Milk</p>	<p>Thur., April 30</p> <p>CHEESE PIZZA** WITH A ROLL</p> <p>OR</p> <p>CHICKEN BURGER</p> <p>OR</p> <p>BURRITO WITH CHILI AND A ROLL</p> <p>Tossed Salad Fresh Vegetables Fresh Fruit Canned Fruit</p> <p>Choice of Milk</p>	