



ESM Elementary Lunch Menu, April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1-Apr	2-Apr	Yogurt Parfait Day!	Yogurt Parfait Day!	5-Apr
Chicken Tenders	Turkey Taco Nachos with Cheese & Salsa	Cheese or Pepperoni Pizza	Turkey Hot Dog on a Whole Grain Roll	American Cheeseburger
Fresh Baby Carrots or Corn	Grape Tomatoes	Romaine Salad	Roasted Butternut Squash	Cucumber Slices
Turkey Sandwich	Turkey Sandwich	Buffalo Chicken Wrap	Turkey or Ham Sandwich	American Cheese Sandwich
Garden Turkey Salad	Garden Turkey Salad	Garden Turkey Salad	Garden Turkey Salad	Garden Turkey Salad
Fresh NYS Apple	Orange Wedges	Red Grapes	Bananas	Watermelon Cubes
8-Apr	9-Apr	Yogurt Parfait Day!	Yogurt Parfait Day!	Lucky Tray Day - April 12
Chicken Tenders	Turkey Taco Nachos with Cheese & Salsa	Cheese or Pepperoni Pizza	French Toast Sticks with Chicken Sausage	National Grilled Cheese Day!
Fresh Baby Carrots or Corn	Fresh Zucchini Sticks	Hearty Romaine & Spinach Salad	Cauliflower Florets	Garbanzo Beans
Turkey Sandwich	Turkey Sandwich	Buffalo Chicken Wrap	Turkey or Ham Sandwich	American Cheese Sandwich
Garden Salad with Chicken	Garden Salad with Chicken	Garden Salad with Chicken	Garden Salad with Chicken	Garden Salad with Chicken
Fresh NYS Apple	Orange Wedges	Bananas	Cantaloupe Cubes	Honeydew
15-Apr	16-Apr	17-Apr	18-Apr	19-Apr
Spring Recess	Spring Recess	Spring Recess	Spring Recess	Spring Recess
No School	No School	No School	No School	No School
22-Apr	23-Apr	24-Apr	25-Apr	26-Apr
Earth Day		Early Dismissal Day		
Chicken Tenders	Turkey Hot Dog on a Whole Grain Roll		Turkey Taco Nachos with Cheese & Salsa	American Cheeseburger
Fresh Baby Carrots or Corn	Broccoli Florets		Red & Green Pepper Strips	Celery Sticks
Turkey Sandwich	Turkey Sandwich		Turkey or Ham Sandwich	American Cheese Sandwich
Mixed Green Salad w/ Chz	Mixed Green Salad w/ Chz		Mixed Green Salad w/ Chz	Mixed Green Salad w/ Chz
Fresh NYS Apple	Fresh Pears		Orange Wedges	Fresh NYS Apple
Healthy & Nutritious Fruits and Vegetables Available Daily! Milk options include Strawberry, Chocolate, Skim and 1% Daily!				
Daily Alternate Entrees: Hummus with Chips and Veggies, Bagel with Cr Chz or Peanut Butter and String Cheese, Peanut Butter & Jelly Sandwich, American Cheese Sandwich. Every Weds and Thurs we will also offer Yogurt Parfaits with Fruit & Granola!				
In April we are celebrating Yogurt! Yogurt has "good" bacteria called probiotics that help keep our digestive and immune systems healthy. Yogurt is highly nutritious and is an excellent source of protein, calcium and potassium. April is Earth Month , celebrate Love Food Not Waste and take the pledge to reduce waste!				
<i>Please note menus are subject to change.</i>	In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.	Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.	To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html , and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistance Secretary for Civil Rights, 1400 Independence Avenue SW, Washington, D.C. 20250-9410; (2) fax: 9202(690-7442; or (3) email: program.intake@usda.gov . This institution is an equal opportunity employer.	