



ESM Central High School Lunch Menu, April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1-Apr	2-Apr	3-Apr	4-Apr	5-Apr
Honey Glazed Chicken with side of mac & chz Seasoned Corn STUDENT CHOICE Cheese, Pepperoni or Sausage Pizza Chicken Nuggets Fresh NYS Apple	Buffalo Chicken Wing Dip Celery Sticks Southwest Chicken Panini Cheese, Pepperoni or Sausage Pizza Hamburger / Cheeseburger Orange Wedges	Homemade Meatball Sub Seasoned Broccoli Southwest Chicken Panini Cheese, Pepperoni or Sausage Pizza Spicy Chicken Patty Bananas, Red Grapes	Beef & Cheddar Nachos Seasoned Corn Southwest Chicken Panini Cheese, Pepperoni or Sausage Pizza Chicken Tenders Fresh NYS Apple	Pancakes, Hash Brown and Chicken Sausage Grape Tomatoes Mozzarella & Tomato Panini Cheese, Pepperoni or Sausage Pizza Mozzarella Sticks Watermelon Cubes
8-Apr	9-Apr	10-Apr	Fruit & Yogurt Dip	12-Apr
Hot & Spicy Popcorn Chicken Quinoa & Butternut Squash STUDENT CHOICE Cheese, Pepperoni or Buffalo Chicken Pizza Fresh NYS Apple	Build Your Own Burrito Zucchini Sticks Chicken Cobb Panini Cheese, Pepperoni or Buffalo Chicken Pizza Hamburger / Cheeseburger Orange Wedges	Pasta Bar Hearty Romaine & Spinach Salad Chicken Cobb Panini Cheese, Pepperoni or Buffalo Chicken Pizza Spicy Chicken Patty Bananas	Popcorn Chicken Bowl with Mashed Potatoes Cauliflower Florets Chicken Cobb Panini Cheese, Pepperoni or Buffalo Chicken Pizza Chicken Tenders Cantaloupe Cubes	National Grilled Cheese Day! Crinkle Cut French Fries Mozzarella & Tomato Panini Cheese, Pepperoni or Buffalo Chicken Pizza Mozzarella Sticks Honeydew
15-Apr	16-Apr	17-Apr	18-Apr	19-Apr
Spring Recess No School	Spring Recess No School	Spring Recess No School	Spring Recess No School	Spring Recess No School
22-Apr	23-Apr	24-Apr	25-Apr	26-Apr
Turkey Taco Macho Nachos Baby Carrots Cheese, Pepperoni or Buffalo Chicken Pizza Chicken Nuggets Fresh NYS Apple	General Tso Chicken Over Brown Rice Red & Green Pepper Strips Cheese, Pepperoni or Buffalo Chicken Pizza Hamburger / Cheeseburger Fresh Pears	Early Dismissal Day	Hot & Spicy Popcorn Chicken Broccoli and Cheese Cheese, Pepperoni or Buffalo Chicken Pizza Chicken Tenders Orange Wedges	American Cheeseburger Crinkle Cut French Fries Cheese, Pepperoni or Buffalo Chicken Pizza Mozzarella Sticks Fresh NYS Apple
Healthy and 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 Cream Cheese or Peanut Butter and String Cheese, PBJ Sandwich, Yogurt Parfait, Smoothies, Chicken Patty Sandwich!				
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!				
Please note menus are subject to change.	<small>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.</small>	<small>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.</small>	<small>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 Assistant 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.</small>	