

# What's on the Menu?

## ALLEGHANY HIGH SCHOOL : April Breakfast 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Fun Fact!</b></p> <p>Buying frozen produce is an easy way to limit food waste. Frozen produce has a much longer shelf life and the freezing process stops the nutrients from breaking down during shipping storage.</p>			<p>Sausage Biscuit <sup>1</sup></p> <p>Cinnamon Toast Cream Cheese Bar</p> <p><i>Fresh Fruit Assorted Juice</i></p>	<p><sup>2</sup></p>
<p><b>April 5<sup>th</sup> – April 9<sup>th</sup> "Spring Break"</b></p>				
<p><sup>12</sup></p> <p>Chicken Biscuit</p> <p>Assorted Cereal</p> <p><i>Chilled Fruit Assorted Juice</i></p>	<p><sup>13</sup></p> <p>Sausage Biscuit</p> <p>Whole Grain Cinnamon Roll</p> <p><i>Fresh Fruit Assorted Juice</i></p>	<p><sup>14</sup></p> <p>Chicken Biscuit</p> <p>Assorted Cereal</p> <p><i>Chilled Fruit Assorted Juice</i></p>	<p><sup>15</sup></p> <p>Sausage Biscuit</p> <p>Cinnamon Toast Cream Cheese Bar</p> <p><i>Fresh Fruit Assorted Juice</i></p>	<p><sup>16</sup></p>
<p><sup>19</sup></p> <p>Chicken Biscuit</p> <p>Assorted Cereal</p> <p><i>Chilled Fruit Assorted Juice</i></p>	<p><sup>20</sup></p> <p>Sausage Biscuit</p> <p>Whole Grain Cinnamon Roll</p> <p><i>Fresh Fruit Assorted Juice</i></p>	<p><sup>21</sup></p> <p>Chicken Biscuit</p> <p>Assorted Cereal</p> <p><i>Chilled Fruit Assorted Juice</i></p>	<p><sup>22</sup></p> <p>Sausage Biscuit</p> <p>Cinnamon Toast Cream Cheese Bar</p> <p><i>Fresh Fruit Assorted Juice</i></p>	<p><sup>23</sup></p>
<p><sup>26</sup></p> <p>Chicken Biscuit</p> <p>Assorted Cereal</p> <p><i>Chilled Fruit Assorted Juice</i></p>	<p><sup>27</sup></p> <p>Sausage Biscuit</p> <p>Whole Grain Cinnamon Roll</p> <p><i>Fresh Fruit Assorted Juice</i></p>	<p><sup>28</sup></p> <p>Chicken Biscuit</p> <p>Assorted Cereal</p> <p><i>Chilled Fruit Assorted Juice</i></p>	<p><sup>29</sup></p> <p>Sausage Biscuit</p> <p>Cinnamon Toast Cream Cheese Bar</p> <p><i>Fresh Fruit Assorted Juice</i></p>	<p><sup>30</sup></p>

**Available Daily:**  
 1% Low Fat White Milk  
 Fat Free Chocolate Milk

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<p><b>Fun Fact!</b></p> <p>Buying frozen produce is an easy way to limit food waste. Frozen produce has a much longer shelf life and the freezing process stops the nutrients from breaking down during shipping and storage.</p>			<p>Hot Dog w/ Chili <sup>1</sup></p> <p>Classic Cheese Pizza</p> <p><i>Seasoned Peas</i> <i>Tater Tots</i></p>	<p><sup>12</sup></p>
<p><b>April 5<sup>th</sup> – April 9<sup>th</sup> "Spring Break"</b></p>				
<p><sup>12</sup></p> <p>Chicken Pot Pie</p> <p>Pepperoni Pizza</p> <p><i>Savory Green Beans</i> <i>Seasoned Corn</i></p>	<p><sup>13</sup></p> <p>Home-Style Meatloaf w/ Roll</p> <p>Chicken Sandwich</p> <p><i>Mashed Potatoes</i> <i>Seasoned Collard Greens</i> <i>Baked Apples</i></p>	<p><sup>14</sup></p> <p>Pulled Pork BBQ Sandwich</p> <p>Classic Cheese Pizza</p> <p><i>Baked Beans</i> <i>Seasoned Carrots</i></p>	<p><sup>15</sup></p> <p>Cheesy Chicken &amp; Rice Casserole w/ Breadstick</p> <p>Cheeseburger</p> <p><i>Seasoned Peas</i> <i>Roasted Sweet Potatoes</i></p>	<p><sup>16</sup></p>
<p><sup>19</sup></p> <p>Homemade Chili w/ Roll</p> <p>Cheeseburger</p> <p><i>Glazed Carrots</i> <i>Ranch Potato Wedges</i></p>	<p><sup>20</sup></p> <p>Chicken Enchiladas</p> <p>Pepperoni Pizza</p> <p><i>Seasoned Corn</i> <i>Seasoned Pinto Beans</i></p>	<p><sup>21</sup></p> <p>Baked Pasta &amp; Meat Sauce &amp; Garlic Toast</p> <p>Chicken Sandwich</p> <p><i>Seasoned Broccoli</i> <i>Savory Mixed Vegetables</i></p>	<p><sup>22</sup></p> <p>BBQ Chicken Strips w/ Cheesy Spirals &amp; Roll</p> <p>Classic Cheese Pizza</p> <p><i>Savory Green Beans</i> <i>Tater Tots</i></p>	<p><sup>23</sup></p>
<p><sup>26</sup></p> <p>Roasted Turkey w/ Gravy &amp; Roll</p> <p>Cheeseburger</p> <p><i>Savory Green Beans</i> <i>Glazed Carrots</i></p>	<p><sup>27</sup></p> <p>Chicken Nuggets w/ Roll</p> <p>Pepperoni Pizza</p> <p><i>Seasoned Broccoli</i> <i>Seasoned Corn</i></p>	<p><sup>28</sup></p> <p>Macho Nachos</p> <p>Chicken Sandwich</p> <p><i>Green Peas</i> <i>Seasoned Black Beans</i></p>	<p><sup>29</sup></p> <p>Hot Dog w/ Chili</p> <p>Classic Cheese Pizza</p> <p><i>Baked Beans</i> <i>Tater Tots</i></p>	<p><sup>30</sup></p>

**Available Daily:**  
 1% Low Fat White Milk  
 Fat Free Chocolate Milk  
 Assorted 100 % Fruit Juice  
 Fresh Fruit or Chilled Fruit

# What's on the Menu?

## ALLEGHANY ELEMENTARY SCHOOLS: April Breakfast 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Fun Fact!</b></p> <p>On average, 30% of an apple is wasted when we eat it from the side. By eating an apple from the bottom up versus the side, you can eat nearly all of it! Not Convinced? Try it for yourself!</p>			<p>1</p> <p>Chicken Biscuit</p> <p><i>Fresh Fruit Assorted Juice</i></p>	<p>2</p>
<p><b>April 5<sup>th</sup> – April 9<sup>th</sup> "Spring Break"</b></p>				
<p>12</p> <p>Cinnamon Crunchmania w/ Low Fat Mozzarella String Cheese</p> <p><i>Chilled Fruit Assorted Juice</i></p>	<p>13</p> <p>Chicken Biscuit</p> <p><i>Fresh Fruit Assorted Juice</i></p>	<p>14</p> <p>Breakfast Pizza</p> <p><i>Chilled Fruit Assorted Juice</i></p>	<p>15</p> <p>Sausage Biscuit</p> <p><i>Fresh Fruit Assorted Juice</i></p>	<p>16</p>
<p>29</p> <p>Frosted Strawberry Poptart w/ Low Fat Mozzarella String Cheese</p> <p><i>Chilled Fruit Assorted Juice</i></p>	<p>20</p> <p>Chicken Biscuit</p> <p><i>Fresh Fruit Assorted Juice</i></p>	<p>21</p> <p>Whole Grain Cinnamon Roll w/ Vanilla Yogurt</p> <p><i>Chilled Fruit Assorted Juice</i></p>	<p>22</p> <p>Sausage Biscuit</p> <p><i>Fresh Fruit Assorted Juice</i></p>	<p>23</p>
<p>26</p> <p>French Toast Crunchmania</p> <p><i>Chilled Fruit Assorted Juice</i></p>	<p>27</p> <p>Sausage Biscuit</p> <p><i>Fresh Fruit Assorted Juice</i></p>	<p>28</p> <p>Blueberry Muffin w/ Strawberry Banana Yogurt</p> <p><i>Chilled Fruit Assorted Juice</i></p>	<p>29</p> <p>Chicken Biscuit</p> <p><i>Fresh Fruit Assorted Juice</i></p>	<p>30</p>

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<p><b>Fun Fact!</b></p> <p>Buying frozen produce is an easy way to limit food waste. Frozen produce has a much longer shelf life and the freezing process stops the nutrients from breaking down during shipping and storage.</p>			<p>Hot Dog w/ Chili</p> <p>Cheese Pizza</p> <p><i>Tater Tots</i> <i>Chilled Fruit</i></p>	
<b>April 5<sup>th</sup> – April 9<sup>th</sup> "Spring Break"</b>				
<p>Cheeseburger</p> <p>Toasted Cheese Sandwich</p> <p><i>Baked Beans</i> <i>Baked Apples</i></p>	<p>Homemade Chili w/ Roll</p> <p>Chicken &amp; Cheese Quesadilla</p> <p><i>Seasoned Green Beans</i> <i>Chilled Fruit</i></p>	<p>Pulled Pork BBQ Sandwich</p> <p>Yogurt &amp; Fruit Platter</p> <p><i>Seasoned Carrots</i> <i>Fresh Fruit</i></p>	<p>Pepperoni Pizza</p> <p>Chicken Cheese Steak</p> <p><i>Seasoned Corn</i> <i>Chilled Fruit</i></p>	
<p>Chicken Nuggets</p> <p>Garden Salad Fun Lunch</p> <p><i>Ranch Potato Wedges</i> <i>Fresh Fruit</i></p>	<p>Baked Mozzarella Cheese Sticks w/ marinara</p> <p>Ham &amp; Cheese Sub</p> <p><i>Seasoned Broccoli</i> <i>Chilled Fruit</i></p>	<p>Baked Pasta &amp; Meat Sauce &amp; Garlic Toast</p> <p>Chicken Sandwich</p> <p><i>Seasoned Corn</i> <i>Fresh Fruit</i></p>	<p>Teriyaki Chicken w/ Fried Brown Rice</p> <p>Blueberry Muffin Fun Lunch</p> <p><i>Glazed Carrots</i> <i>Chilled Fruit</i></p>	
<p>Chicken Sandwich</p> <p>Bug Bite Fun Lunch</p> <p><i>Green Peas</i> <i>Fresh Fruit</i></p>	<p>BBQ Chicken Strips w/ Cheesy Spirals &amp; Roll</p> <p>Cheesy Chef Salad</p> <p><i>Seasoned Broccoli</i> <i>Chilled Fruit</i></p>	<p>Macho Nachos</p> <p>Chicken Ranch Wrap</p> <p><i>Seasoned Black Beans</i> <i>Fresh Fruit</i></p>	<p>Hot Dog w/ Chili</p> <p>Cheese Pizza</p> <p><i>Tater Tots</i> <i>Chilled Fruit</i></p>	

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