

April 2018

MERIT ACADEMY

LUNCH



\$3.00 for students / \$3.50 for adults.
All lunches come with full vegetable & fruit bar,
milk and 100% fruit juice.
**This institution is an equal opportunity
provider.**



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.
Go light on the meat and top your pizza with vegetables like tomatoes,
onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

2

3

4

5

6

Spring Break

Spring Break

Spring Break

Spring Break

Spring Break

9

10

11

12

13

Domino's Pizza Variety
PB&J + Cheese Stick
Grab'n'go

Hot Dogs
Baked Fries
PB&J + Cheese Stick
Grab'n'go

Chicken Fajitas Wrap
Spanish Rice / Salsa
PB&J + Cheese Stick
Grab'n'go

Hawaiian Haystacks
PB&J + Cheese Stick
Grab'n'go

Corn Chowder
Biscuit
PB&J + Cheese Stick
Grab'n'go

16

17

18

19

20

Cheese or Pep. Rippers
PB&J + Cheese Stick
Grab'n'go

Chicken Pot Pie
Breadstick
PB&J + Cheese Stick
Grab'n'go

Croissant Sandwich Variety
Cheese Stick / Baked Fries
PB&J + Cheese Stick
Grab'n'go

Teriyaki Chicken
Fortune Cookie
PB&J + Cheese Stick
Grab'n'go

Dutch Waffle
Pork Sausage Patty / Hash brown
Yogurt / PB&J + Cheese Stick
Grab'n'go

23

24

25

26

27

Domino's Pizza Variety
PB&J + Cheese Stick
Grab'n'go

Turkey Roast
Mashed Potatoes & Gravy
Roll / Green Beans
PB&J + Cheese Stick
Grab'n'go

Chicken Caesar Wrap
Or Chicken Bacon Ranch Wrap
Chips Variety
PB&J + Cheese Stick
Grab'n'go

Ham Alfredo Pasta
Green Beans
PB&J + Cheese Stick
Grab'n'go

Pulled Pork Sandwich
Ranch Beans
Coleslaw
PB&J + Cheese Stick
Grab'n'go

30

Cheese or Pep Rippers
PB&J + Cheese Stick
Grab'n'go

