

Roswell Independent School District  
**ELEMENTARY SCHOOL**

Choice of Fat Free Chocolate (20g),  
 Fat Free Strawberry (20g), or 1% White Milk (13g)  
 Parkview only has 1% White Milk (13g) Offered

# APRIL 2019

**MENU SUBJECT TO CHANGE DUE TO AVAILABILITY**

MON		1		TUE		2		WED		3		THU		4		FRI		5	
~~BREAKFAST~~																			
<b>WK 1</b>				Pancake on Stick (17g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)				Egg & Cheese Bun (20g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)				Muffin (40g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)				Bug Bite Crackers (21g) & Cheese Stick (1g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)			
~~LUNCH~~																			
Pizza (36g) Salad w/Diced Tomatoes (3g), Seasonal Fruit (~15g)				Chicken Nuggets (13g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)				Hamburger (24g), Lettuce/Tomato (2g) Fresh Carrots/Broccoli (6g), Peaches (~16g)				Japanese Cherry Blossom Chicken (27g), Brown Rice (33g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g), Rice Crispy Treat (37g), Fortune Cookie (5g)				Cheese Sticks w/Marinara (45g), Salad w/Tomatoes (3g), Sliced Apples (~8g)			
MON		8		TUE		9		WED		10		THU		11		FRI		12	
~~BREAKFAST~~																			
<b>WK 2</b>				Tony's Sausage Bk Pizza (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)				Crescent Choc Filled (37g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)				French Toast Sticks (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)				Benefit Bars (48g) Juice 1/2 C (13-21g), Applesauce 1/2C (22g)			
~~LUNCH~~																			
BBQ Chicken Leg (7g), Green Beans (4g), Whole Wheat Roll (29g), Seasonal Fruit (~15g)				Pork Chop (11g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)				Frito Pie (38g), Corn (16g), Peaches (16g)				Corn Dog (33g), Fries (27g), Pineapple (17g)				Cheesy Nachos (46g), Beans (13g), Sliced Apples (8g)			
MON		15		TUE		16		WED		17		THU		18		FRI		19	
~~BREAKFAST~~																			
<b>WK 3</b>				Mini Corn Dogs (20g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)				Mini Bagels w/Cream Cheese (41g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)				Goody Ring (29g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)				NO SCHOOL			
~~LUNCH~~																			
Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Baby Carrots (6g), Seasonal Fruit (~15g)				BBQ Dippers (9g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)				Deli Sandwich (ELEM) (22g), Lettuce/Tomato (2g), Baby Carrots (6g), Pineapple (~17g)				Chicken Fajitas (33g), Beans (23g), Salad w/ Diced Tomatoes (3g), Peaches (16g)				NO SCHOOL			
MON		22		TUE		23		WED		24		THU		25		FRI		26	
~~BREAKFAST~~																			
<b>WK 1</b>				Pancake on Stick (17g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)				Egg & Cheese Bun (20g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)				Muffin (40g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)				Bug Bite Crackers (21g) & Yogurt (19g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)			
~~LUNCH~~																			
Pizza (36g) Salad w/Diced Tomatoes (3g), Seasonal Fruit (~15g)				Chicken Nuggets (13g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)				Hamburger (24g), Lettuce/Tomato (2g) Fresh Carrots/Broccoli (6g), Peaches (~16g)				Tangerine Chicken (25g), Brown Rice (33g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g), Rice Crispy Treat (37g), Fortune Cookie (5g)				Mac & Cheese (55g), Green Beans (4g), Sliced Apples (~15)			
MON		29		TUE		30		WED		1		THU		2		FRI		3	
~~BREAKFAST~~																			
<b>WK 2</b>				Tony's Sausage Bk Pizza (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)				Crescent Choc Filled (37g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)				French Toast Sticks (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)				Benefit Bars (48g) Juice 1/2 C (13-21g), Applesauce 1/2C (22g)			
~~LUNCH~~																			
BBQ Chicken Leg (7g), Green Beans (4g), Whole Wheat Roll (29g), Seasonal Fruit (~15g)				Pork Chop (11g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)				Frito Pie (38g), Corn (16g), Peaches (16g)				Corn Dog (33g), Fries (27g), Pineapple (17g)				Cheesy Nachos (46g), Beans (13g), Sliced Apples (8g)			