



## April 2018 High School Menus

Pittsylvania County Schools  
P.O. Box 232  
39 Bank Street  
Chatham, VA 24531

### Available Daily

Freshly made salads  
Salads are made fresh daily with leafy green lettuces & fresh cut veggies.

Fresh Fruits  
Pick from a variety of apples, oranges, bananas, & other seasonal fruits

Milk  
8 oz. of milk (skim white or chocolate) come with all lunches.

USDA is an equal opportunity provider and employee.

Monday, April 9  
**Entrées (choose one)** <sup>1</sup>Clux® Chicken Chunks offered with dinner roll  
<sup>2</sup>Vegetable Chili with Crackers  
**Vegetables (choose many)**  
 Fries, BLT Salad, Pinto Beans  
**Fruits (choose one of each)**  
 Fresh Fruit and Fruit Cup

Tuesday, April 10  
**Entrées (choose one)** OVEN BAKED SUBS  
<sup>1</sup>Turkey and Cheese <sup>2</sup>Ham and Cheese <sup>3</sup>Tuna Salad  
 each offered with chips  
**Vegetables (choose many)**  
 Assorted Fresh Toppings, Carrots w/ dip  
**Fruits (choose one of each)**  
 Fresh Strawberries, Fresh Fruit and Fruit Cup

Wednesday, April 11  
**Entrée (choose one)**  
<sup>1</sup>Pork BBQ  
<sup>2</sup>Oven Roasted Chicken  
 each offered with School Roll  
**Vegetables (choose many)**  
 Green Beans, Mashed Potatoes, Cole Slaw  
**Fruits (choose one of each)**  
 Fresh Fruit and Fruit Cup

Thursday, April 12  
**Entrées (choose one)**  
<sup>1</sup>Homemade Lasagna offered with breadstick  
<sup>2</sup>Deli Chicken Sandwich w/ chips, L/T/P <sup>3</sup>PBJ w/ chips  
**Vegetables (choose many)**  
 Fresh Garden Salad, Steamed Corn  
**Fruits (choose one of each)**  
 Fresh Pear, Fresh Fruit and Fruit Cup

Friday, April 13  
**Entrée (choose one)** <sup>1</sup>Pizza Crunchers®  
<sup>2</sup>PBJ Uncrustable®  
**Vegetables (choose many)**  
 Steamed Broccoli, Celery Sticks, Pepper Strips  
**Entrée (choose one)** <sup>2</sup>POTATO BAR with all the fixings  
**Vegetables (choose many)** Pepper Strips  
**Fruits (choose one of each)**  
 Fresh Fruit and Fruit Cup



BREAKFAST AT SCHOOL


- Breakfast is available to everyone every day!
- We offer many different options daily to choose from!
- Breakfast is planned to meet USDA nutrition standards which require whole grains, proper calories for age, low saturated fat content and no trans fats.
- Students are required to pick up a fruit or juice every day with their breakfast.

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Kellogg's™ Pop-tart® twin-pack  
 Banana Chocolate Chunk Breakfast Bar  
 Breakfast Bun  
 Cereal BIG Cup  
 Pillsbury Cinni Minis®  
 Yogurt Parfait (Granola topping)  
 Pillsbury Mini Pancakes®

Biscuit Choices:  
 Chicken, Sausage,  
 Bacon, Egg, & Cheese

Milk offered with all meals each day at no extra charge.



### Monday, April 16

**Entrées (choose one)** Chicken Filet Sandwich  
<sup>1</sup>grilled, <sup>2</sup>original, or <sup>3</sup>spicy  
**Vegetables (choose many)**  
L/T/P, Onions, Fries, Baked Beans  
**Fruits (choose one of each)**  
Fresh Fruit and Fruit Cup

### Tuesday, April 17

**Entrées (choose one)**  
<sup>1</sup>Ham and Cheese Croissant <sup>2</sup>PBJ Uncrustable®  
<sup>3</sup>SunButter® & Jelly Sandwich  
**Vegetables (choose many)**  
Tomato Soup with Crackers, Green Beans  
**Fruits (choose one of each)**  
Fresh Fruit and Fruit Cup

### Wednesday, April 18

**Entrées (choose one)** <sup>1</sup>Soft Shell Taco  
<sup>2</sup>Chicken Fajita Wrap  
**Vegetables (choose many)** Lettuce, Tomato,  
Salsa, Guacamole, Steamed Corn,  
**Fruits (choose 1 fresh fruit and 1 fruit cup)**  
Fresh Grapes, Fresh Fruit and Fruit Cup

### Thursday, April 19

**Entrée (choose one)**  
<sup>1</sup>Clubhouse Sub with chips <sup>2</sup>PBJ with chips  
**Vegetables (choose many)**  
Steamed Broccoli, Cucumber Slices  
**Entrée (choose one)**  
<sup>3</sup>Mandarin Orange Chicken over Rice  
**Vegetables (choose many)**  
Steamed Broccoli, Vegetable Egg Roll  
**Fruits (choose one of each)**  
Fresh Strawberries, Fresh Fruit, and Fruit Cup

### Friday, April 20

**Entrée (choose one)**  
<sup>1</sup>Slice of Big Daddy's® Pizza <sup>2</sup>PBJ  
**Vegetables (choose many)**  
Fresh Garden Salad, Turnip Greens, Baby Carrots  
**Entrée (choose one)**  
<sup>2</sup>POTATO BAR with all the fixings  
**Vegetables (choose one)** Garden Salad  
**Fruits (choose 1 fresh fruit and 1 fruit cup)**  
Fresh Fruit and Fruit Cup

### Monday, April 23

**Entrées (choose one)** <sup>1</sup>Hot Dog with all the fixin's  
<sup>2</sup>Grilled Chicken Sandwich, L/T/P  
both offered with Chips  
**Vegetables (choose many)**  
Cole-Slaw, Baked Beans, Diced Onions  
**Fruits (choose one of each)**  
Fresh Fruit and Fruit Cup

### Tuesday, April 24

**Entrees (choose one)** <sup>1</sup>Bosco® Sticks w/ pizza sauce  
<sup>2</sup>Chicken Cool Wrap  
**Vegetables (choose many)**  
BLT Chop Salad, Steamed Corn  
**Fruits (choose one of each)**  
Fresh Fruit and Fruit Cup

### Wednesday, April 25

**Entrée (choose one)** <sup>1</sup>Manager Planned Sand., chips  
**Vegetables (choose many)**  
Steamed Broccoli, Fresh Pepper Strips  
**Entrée (choose one)**  
<sup>3</sup>Mandarin Orange Chicken over Rice  
**Vegetables (choose many)**  
Steamed Broccoli, Vegetable Egg Roll, Pepper Strips  
**Fruits (choose one of each)**  
Fresh Pineapple, Fresh Fruit, and Fruit Cup

### Thursday, April 26

**Entrees (choose one)** <sup>1</sup>Oven Roasted Chicken  
<sup>2</sup>Sliced Smoked Ham; *each offered with School Roll*  
<sup>3</sup>PBJ (no roll)  
**Vegetables (choose many)**  
Green Beans, Mashed Potatoes  
**Fruits (choose one of each)**  
Fresh Fruit and Fruit Cup

### Friday, April 27

**Entrée (choose one)**  
<sup>1</sup>Slice of Big Daddy's® Pizza <sup>2</sup>PBJ  
**Vegetables (choose many)**  
Green Peas, Cucumber Slices, Baby Carrots  
**Entrée (choose one)** <sup>2</sup>POTATO BAR with all the fixings  
**Vegetables (choose many)**  
Carrots and Cucumber Slices  
**Fruits (choose one of each)**  
Fresh Fruit and Fruit Cup

### Monday, April 30

**Entrees (choose one)**  
<sup>1</sup>Vegetable Chili Beans with crackers  
<sup>2</sup>Popcorn Chicken offered with Dinner Roll  
**Vegetables (choose many)**  
Red Roasted Potatoes  
Fresh Steamed Broccoli Florets  
**Fruits (choose one of each)**  
Fresh Fruit and Fruit Cup

# Earth Day Is April 22



## Earth Day 2018: End Plastic Pollution

From poisoning and injuring marine life to disrupting human hormones, from littering our beaches and landscapes to clogging our waste streams and landfills, the exponential growth of plastics is now threatening the survival of our planet.

In response, Earth Day 2018 is dedicated to providing the information and inspiration needed to fundamentally change human attitude and behavior about plastics.

For more information about Earth Day and how you can help reduce plastic pollution visit [www.earthday.org](http://www.earthday.org)

## Mix it up with the 5 food groups!

Teens should consume a variety of foods from the five major food groups. Each food group supplies important nutrients, including vitamins and minerals.

### These five groups and typical minimum servings are:

- **Vegetables:** 3-5 servings per day. A serving may consist of 1 cup of raw leafy vegetables, 3/4 cup of vegetable juice, or 1/2 cup of other vegetables, chopped, raw or cooked.
- **Fruits:** 2-4 servings per day. A serving may consist of 1/4 cup dried fruit, 1/2 cup of sliced fruit, 3/4 cup of fruit juice, or a medium-size whole fruit, like an apple, banana, or pear.
- **Bread, cereal, or pasta:** 6-11 servings per day. Each serving should equal 1 slice of bread, 1/2 cup of rice or pasta, or 1 ounce of cereal.
- **Protein foods:** 2-3 servings of 2-3 ounces of cooked lean meat, poultry, or fish per day. A serving in this group may also consist of 1/2 cup of cooked dry beans, one egg, or 2 tablespoons of peanut butter for each ounce of lean meat.
- **Dairy products:** 2-3 servings per day of 1 cup of low fat milk or yogurt, or 1 1/2 ounces of natural cheese.

### Help Your Children Make Wise Food Choices

- \*Provide an assortment of fresh, frozen and canned fruits and vegetables for snacking. Keep these items prepped and ready-to-eat, so your children can grab a snack anytime!
- \*DO NOT ask your children if they want fruits and vegetables. Instead ask them which fruits and vegetables they would like to have.
- \*Incorporate fruits and vegetables into every meal.
- \*Be a role model – eat more fruits and vegetables yourself!
- \*Avoid buying processed, high calorie snack foods. Children are less likely to ask for these snacks if they don't see them.
- \*Limit the amount of 100% fruit juice your child drinks. Since 100% fruit juice contains a large amount of sugar and very little fiber, encourage them to try fresh, frozen, or canned fruit.