



Allegany County Elementary Lunch Menu

This institution is an equal opportunity provider. Menus are subject to change.

Monday, April 3

- 1) Chicken Nuggets with Bread
- 2) Mozzarella Sticks
- 3) PB&J Sandwich

Vegetables & Fruit
Whipped Potatoes
Sweet Peas
Pineapple Tidbits

Fat Free or 1% Milk



Tuesday, April 4

- 1) Nachos/Meat Sauce With Rice
- 2) Turkey and Cheese Sandwich
- 3) PB&J Sandwich

Vegetables & Fruit
Black Beans
Sweet Corn
Tomato Salsa
Fresh Fruit

Fat Free or 1% Milk

Wednesday, April 5

- 1) Sliced Pizza
- 2) Mexican Pizza
- 3) PB&J Sandwich

Vegetables & Fruit
Fresh Baby Carrots
Green Beans
Fresh Fruit

Fat Free or 1% Milk

Thursday, April 6

Easter Luncheon

- 1) Baked Chix/dressing
- 2) Baked Ham/dressing
- 3) PB&J Sandwich

School Made Roll

Vegetables & Fruit
Whipped Potatoes
California Blend Veg.
Fruit Cocktail

Fat Free or 1% Milk



Friday, April 7

- 1) Hamburger or Cheeseburger
- 2) Meatball Sub
- 3) PB&J Sandwich

Vegetables & Fruit
French Fries
Steamed Broccoli
Sliced Peaches

Fat Free or 1% Milk

Monday, April 10

- 1) Mozzarella Sticks
- 2) BBQ Chicken Sandwich
- 3) PB&J Sandwich

Vegetables & Fruit
French Fries
Baked Beans
Pineapple Tidbits

Fat Free or 1% Milk

Tuesday, April 11

- 1) Popcorn Chicken
- 2) Chef's Salad with Breadstick
- 3) PB&J Sandwich

Vegetables & Fruit
Au Gratin Potatoes
Fresh Baby Carrots
Mandarin Oranges

Fat Free or 1% Milk

Wednesday, April 12

- 1) Pizza Wedge
- 2) Stuffed Crust Pizza
- 3) Tuna Salad on Bun
- 4) PB&J Sandwich

Vegetables & Fruit
Green Beans
Fresh Veggie Assortment
Fresh Fruit

Fat Free or 1% Milk

Thursday, April 13

- 1) Lasagna with Dinner Roll
- 2) Grilled Chicken Sandwich
- 3) PB&J Sandwich

Vegetables & Fruit
Tossed Salad with Cherry Tomatoes
Applesauce

Fat Free or 1% Milk



Answer: Iceberg lettuce! Actually, iceberg lettuce is also the least nutritious of a very nutritious family of vegetables. Try other kinds of greens in salads and on sandwiches for more flavor and greater nutritional value!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Good
Friday

No
School
Today



STAIRWAY TO HEALTH.



Wellness is determined by dozens of small choices we all make every day. For example, take the stairs – no, really, TAKE THE STAIRS! It's estimated that stair-climbing for just 2 minutes a day (6-8 flights) will burn enough calories to prevent annual weight gain for the average American.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Monday, April 17



- 1) Chicken Nuggets with Bread
- 2) Salisbury Steak with Bread
- 3) PB&J Sandwich

Vegetables & Fruit
Whipped Potatoes
Steamed Broccoli
100% Fruit Juice

Fat Free or 1% Milk

Tuesday, April 18

WONDERS OF THE WORLD

Mauna Loa and Kilauea volcanoes in Hawaii are known for heat – especially for Kilauea's spectacular lava flows into the Blue Pacific. But Mauna Loa also rises nearly 14,000 feet above its ocean shore, high enough to get some snow every year, and sometimes a lot of snow. Last December, several feet fell on the highest mountains in Hawaii, and just last month in March there was a blizzard warning! This snowboarder is getting some air within sight of the world's largest astronomical observatory atop Mauna Kea, a dormant volcano and the tallest of the Hawaiian mountains.



HAWAII VOLCANOES NATIONAL PARK

★ OUR NATION'S HISTORY ★

This is the Dome of the United States Capitol building in Washington, D.C. The part of the building just under the Statue of Freedom near the top is what architects call the "tholos," and if the light in the Capitol's tholos is lit at night, that means that one or both of the U.S. Senate and the U.S. House of Representatives are in session. This tradition is believed to have begun in the 1800's when many members of Congress lived in area houses and they needed to convene when to board and they know convene!



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Wednesday, April 19

- 1) Sliced Pizza
- 2) Mexican Pizza
- 3) PB&J Sandwich

Vegetables & Fruit
California Blend Veg
Parsley Potatoes
Sliced Peaches

Fat Free or 1% Milk

Thursday, April 20

- 1) Nachos/Meat Sauce With Rice
- 2) Bologna / Cheese Sandwich
- 3) PB&J Sandwich

Vegetables & Fruit
Refried Beans
Sweet Corn
Tomato Salsa
Pineapple Tidbits

Fat Free or 1% Milk

Friday, April 21

- 1) Grilled Cheese Sandwich
- 2) Turkey Sandwich
- 3) PB&J Sandwich

Vegetables & Fruit
Tomato Soup
Steamed Carrots
Sliced Pears

Fat Free or 1% Milk

Monday, April 24

- 1) Fish Nuggets
- 2) Popcorn Chicken
- 3) PB&J Sandwich

Vegetables & Fruit
Steamed Broccoli
Sweet Corn
Fruit Cocktail

Fat Free or 1% Milk

Tuesday, April 25

- 1) Mini Crescents
- 2) Steak-um Sandwich
- 3) PB&J Sandwich

Vegetables & Fruit
California Blend Veg.
Baked Beans
Fresh Fruit

Fat Free or 1% Milk

Wednesday, April 26

- 1) Pizza Wedge
- 2) Grilled Chicken Salad / Breadstick
- 3) PB&J Sandwich

Vegetables & Fruit
Green Beans
Cucumber Spears and Celery Sticks
100% Fruit Juice

Fat Free or 1% Milk



Green bell peppers were once about the only kind of bell peppers sold fresh in America. Now, red, yellow, orange, and even purple bell peppers are common in grocery stores. They all start out the same way – all bell peppers are green when they are immature, and get their color (and sweetness) if allowed to ripen on the vine.

Thursday, April 27

- 1) Spaghetti / Meatballs With Dinner Roll
- 2) Turkey Sandwich
- 3) PB&J Sandwich

Vegetables & Fruit
Tossed Salad with Cherry Tomatoes
Applesauce

Fat Free or 1% Milk

Friday, April 28

- 1) Chicken Patty Sandwich
- 2) Ham / Cheese Sub
- 3) PB&J Sandwich

Vegetables & Fruit
French Fries
Steamed Carrots
Fresh Fruit

Fat Free or 1% Milk