

# APRIL

Lunch

2019



GOOD EATS AT

Lamar Elementary

SPECIAL ANNOUNCEMENTS

April 8 - 12<sup>th</sup> will be a testing week.

The menu is subject to change during this week to accommodate the testing schedule.

I'm the **BOUNDLESS BERRY**

**HEALTHY SUMMER MEALS FOR KIDS**  
No Cost For Kids 5 and Younger

M	T	W	TH	F
NO SCHOOL 1	Mexican Combo Or Chicken Quesadilla Or Grilled Cheese Swch Beans/Corn Fruit Milk 2	Chicken Drumstk Or Cheeseburger Mac Or Grilled Cheese Swch Okra/Peas Fruit Juice/Milk 3	Stuffed Shells Or Meatball Sub Or Grilled Cheese Swch Mixed Vegetables Fruit Milk 4	Cheeseburger Or Popcorn Shrimp Or Grilled Cheese Swch Fries/Baby Carrots Fruit Juice/Milk 5
Pizza Pocket Or Egg Rolls Or Grilled Cheese Swch Broccoli/Carrot Coins Fruit Milk 8	Hot Dog/Chili Dog Or Frito Pie Or Grilled Cheese Swch Tater Smiles Green Beans Fruit Milk 9	BBQ Sliders Or Chicken Nuggets w/ Mac & Cheese Or Grilled Cheese Swch Baked Beans Fruit Juice/Milk 10	Lasagna Or Chicken Fried Steak Sandwich Or Grilled Cheese Swch Peas/Carrots Fruit Milk 11	Chicken Bowl Or Grilled Cheese Swch Mashed Potatoes/Corn Fruit Juice/Milk Cookie 12
Pizza Or Meatball Sub Or Grilled Cheese Swch Cheesy Broccoli Sweet Potato Fries Fruit Milk 15	Cheeseburger Sliders Or Pork Patty Or Grilled Cheese Swch Cheesy Potatoes Fruit Milk 16	Beefy Nacho Or Taquitos Or Grilled Cheese Swch Beans/Corn Fruit Juice/Milk 17	Ham & Cheese Croissant Or Mini Corndogs Or Grilled Cheese Swch Fries/Baked Beans Fruit Milk Cookie 18	HOLIDAY 19
Chicken Fried Steak Or Chicken Drumstk Or Grilled Cheese Swch Mashed Potatoes Green Peas Fruit Milk 22	Crispy Tacos Or Beef & Bean Burrito Or Grilled Cheese Swch Beans/Tossed Salad Fruit Milk 23	Cheeseburger Or Frito Pie Or Grilled Cheese Swch French Fries Carrot Coins Fruit Juice/Milk 24	Ravioli Or Pizza Pocket Or Grilled Cheese Swch Mixed Vegetables Zesty Cucumber Slices Fruit Milk 25	Chicken Rings w/ Mac & Cheese or Popcorn Shrimp or Grilled Cheese Swch Corn/Carrots/Fruit Juice/Milk Crispy Cereal Bars 26
Breakfast 4 Lunch Or Corndog Or Grilled Cheese Swch Tater Smiles/Okra Fruit Milk 29	Chicken Fried Steak Sandwich Or Eggrolls Or Grilled Cheese Swch Broccoli/Carrots Fruit Milk 30	<p>ART CONTEST ENDS</p> <p>"You ART What You Eat" Art Contest ENDS APRIL 12<sup>TH</sup> SquareMeals.org/artcontest</p>		



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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# APRIL

Breakfast

2019



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I'm the **BOUNDLESS BERRY**

**HEALTHY SUMMER MEALS FOR KIDS**  
No Cost For Kids 18 and Younger

M	T	W	TH	F
NO SCHOOL 1	Pancakes Fruit Cup Juice/Milk 2	Breakfast Tac-Go Fruit Cup Juice/Milk 3	Breakfast Bread Fruit Cup Juice/Milk 4	Rolled Taco Fruit Cup Juice/Milk 5
French Toast Stks Fruit Cup Juice/Milk 8	Breakfast Pizza Fruit Cup Juice/Milk 9	Breakfast Empanada Fruit Cup Juice/Milk 10	Pancake 'N Sausage Fruit Cup Juice/Milk 11	Banana Breakfast Loaf Fruit Cup Juice/Milk 12
Ham & Cheese Croissant Fruit Cup Juice/Milk 15	Sausage Sandwich Fruit Cup Juice/Milk 16	Muffins Fruit Cup Juice/Milk 17	French Toast Slices Fruit Cup Juice/Milk 18	HOLIDAY 19
Breakfast Pizza Fruit Cup Juice/Milk 22	Pancakes Fruit Cup Juice/Milk 23	Breakfast Tac-Go Fruit Cup Juice/Milk 24	Breakfast Bread Fruit Cup Juice/Milk 25	Rolled Taco Fruit Cup Juice/Milk 26
French Toast Stks Fruit Cup Juice/Milk 29	Breakfast Pizza Fruit Cup Juice/Milk 30	<p><b>ART CONTEST ENDS</b></p> <p>"You ART What You Eat" Art Contest ENDS APRIL 12<sup>TH</sup> SquareMeals.org/artcontest</p>		



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