



# Mount Prospect Lunch Menu

## April 2019

**1**  
Grilled Cheese (GD) with Tomato Soup OR Campfire Beans over WG Rice\*  
Fresh Baby Carrots  
Apricot Halves in Juice

**2**  
Chicken Parm (GD) over Spaghetti (G)  
Red Pepper Strips  
Diced Pears in Juice

**3**  
Chicken Tenders (G) with Garlic Toast (GD)  
Fresh Zucchini Slices  
Fresh Apple

**4**  
Bacon Egg and Cheese Biscuit (GED)  
Baked French Fries  
Applesauce

**5**  
Chicken Pot Pie (GD)  
Fresh Cucumber Slices  
Fruit Cup in Juice

**8**  
**Spring Recess**  
**No School**

**9**  
**Spring Recess**  
**No School**

**10**  
**Spring Recess**  
**No School**

**11**  
**Spring Recess**  
**No School**

**12**  
**Spring Recess**  
**No School**

**15**  
Mac and Cheese\* (GD) with Corn Bread (GED) OR Campfire Beans over WG Rice\*  
Coleslaw  
Apricot Halves in Juice

**16**  
Popcorn Chicken (G) with Whole Grain Dinner Roll\*  
Fresh Red Pepper Strips  
Diced Pears in Juice

**17**  
**Spring Fling BBQ Day**  
All Beef Hot Dog on a Bun (G)  
Baked French Fries  
Fresh Apple

**18**  
Mini Waffles\* (GED) with Chicken Sausage  
Baked Tater Tots  
Applesauce

**19**  
**Holiday**  
**No School**

**22**  
Mini Pancakes\* (GED) with Scrambled Eggs (E) OR Campfire Beans over WG Rice\*  
Baked Hash Brown  
Raisins

**23**  
Penne Alfredo with Chicken (GD)  
Roasted Carrots  
Fresh Grapes

**24**  
Chicken Nuggets (G) with Garlic Toast (GD)  
Fresh Broccoli  
Fresh Banana

**25** **Ace Giveaway Day**  
Breaded Chicken Drumstick (G) with Whole Grain Dinner Roll (G)  
Fresh Tomato Wedges  
Fresh Orange

**26**  
Pizza Sticks\* (GD) with Marinara Sauce  
Fresh Cucumber Slices  
Mandarin Oranges in Juice

**29**  
Mini Berry French Toast\* (GED) w/ Egg Patty (E) OR Campfire Beans over WG Rice\*  
Baked Tater Tots  
Apple Sauce

**30**  
Sweet and Sour Chicken (G) over Whole Grain Rice  
Fresh Red Pepper Strips  
Fresh Pear

New Snack Offering on Wednesdays and Fridays!  
**Ice Milk Novelties \$1.50**  
Made with either non-fat or skim milk  
All cones whole grain rich  
Made in a nut free facility

**Allergen Key**  
G – Gluten  
E – Egg  
D – Dairy  
**\*Vegetarian Options\***

### More info...Meatless Mondays!

Lunch Price \$2.60  
Must purchase at least 1 fruit **or** 1 vegetable **and** 2 other food groups, otherwise, a la carte pricing applies. Qualifying lunches include milk, 4oz Juice or 8 oz. water.

### Daily Options... Hummus available Daily

Cheese or Pepperoni Pizza, Spicy or Plain Chicken Patty, Hamburger or Cheeseburger, and Veggie Burgers. Assorted Fresh Fruit and Vegetables.  
**For lunch related information Visit:**  
<http://bernards.schooldish.com>