



APRIL

2021

Elementary LUNCH MENU



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Special Announcements:

FREE MEALS FOR ALL WSISD STUDENTS!



Tyson Chicken Nuggets w/ Roll
Mashed Potatoes
Buttered Spinach
Glazed Carrots
Chilled Variety of Fruit & Milk 5

Cheeseburger or Hamburger
Lettuce, Tomato, Pickle
Vegetarian Beans
Potato Smiles
Chilled Variety of Fruit & Milk 6

Beef Soft Tacos w/ Wheat Tortilla
Spanish Rice & Pinto Beans
Lettuce & Tomato Salad
Chilled Variety of Fruit & Milk 7

Breaded Catfish Fillet w/Roll
Macaroni & Cheese
Ranch Style Beans
Lettuce & Tomato Salad
Chilled Variety of Fruit & Milk 1.

Wild Mike's Cheese Bites w/ Marinara
Corn, Veggies w/ Dip
Chilled Variety of Fruit & Milk 9.

Tyson Drumstick w/ Roll
Mashed Potatoes
Green Beans
Spinach Salad w/Mandarin Oranges
Chilled Variety of Fruit & Milk 12

Cheeseburger or Hamburger
Lettuce, Tomato, Pickle
Ranch Style Beans
Tater Tots
Cinnamon Apples
Variety of Fruit & Milk 13.

Beef N Cheese Nachos
Refried Beans
Large Lettuce & Tomato Salad
Chilled Variety of Fruit & Milk 14.

Popcorn Chicken
Broccoli & Cheese
Carrots Sticks
Chilled Variety of Fruit & Milk 8.

Turkey Corn Dog
Broccoli & Cheese
Carrot Sticks
Chilled Variety of Fruit & Milk 15.

The MAX Pizza:
Pepperoni or Cheese
Corn, Veggies w/ Dip
Chilled Variety of Fruit & Milk 16.

Steak Fingers w/ Roll
Mashed Potatoes
Glazed Carrots
Chilled Variety of Fruit & Milk 19.

Breaded/ Grilled Chicken Sandwich
Potato Smiles
Vegetarian Beans
Lettuce, Tomato, Pickle
Chilled Variety of Fruit & Milk 20.

Beef Soft Tacos w/ Wheat Tortilla
Spanish Rice & Pinto Beans
Lettuce & Tomato Salad
Chilled Variety of Fruit & Milk 21.

Turkey Hot Dog*
Broccoli & Cheese
Tator Tots
Chilled Variety of Fruit & Milk 22.
*Nitrate Free

Wild Mike's Cheese Bites w/ Marinara
Corn, Veggies w/ Dip
Chilled Variety of Fruit & Milk 23.

Tyson Chicken Nuggets w/ Roll
Mashed Potatoes
Buttered Spinach
Glazed Carrots
Chilled Variety of Fruit & Milk 26.

Breakfast 4 Lunch Biscuit & Sausage, Scrambled Egg, Bacon & Cheese Bowl, Pancake (1)
Tater Tots & Carrot Sticks
Chilled Variety of Fruit & Milk 27.

Beef N Cheese Nachos
Refried Beans
Large Lettuce & Tomato Salad
Chilled Variety of Fruit & Milk 28.

Popcorn Chicken
Broccoli & Cheese
Carrots Sticks
Chilled Variety of Fruit & Milk 29.

The MAX Pizza:
Pepperoni or Cheese
Corn, Veggies w/ Dip
Chilled Variety of Fruit & Milk 30.

Art Contest Deadline Apr. 2



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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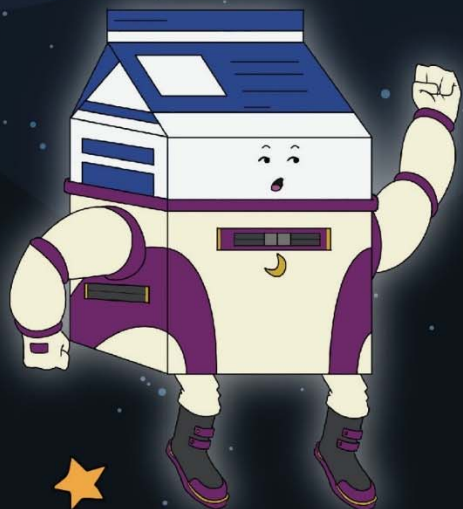
Food and Nutrition Division
National School Lunch Program and School Breakfast Program



Updated 01/2020
www.SquareMeals.org

MOON MILK

The moon is more than 200,000 miles away from the Earth. At this distance it takes about three full days for astronauts to travel from the Earth's surface to land on the moon. Because it is Earth's closest neighbor, we have been able to gain more knowledge about it than any other body in the Solar System besides the Earth. The moon is also the brightest object in the night sky. Today, astronomers know that the moon is slowly moving away from the Earth. But at the rate it is traveling, about 1.5 inches per year, it will be lighting up our night sky for a long time.



WORD SEARCH

A	G	Z	J	N	W	L	A
C	A	B	L	X	K	J	C
A	Z	T	D	C	D	R	A
L	T	E	X	A	S	D	L
C	S	Q	B	D	I	E	V
I	B	D	A	I	F	R	I
U	G	W	O	C	G	E	Y
M	I	L	K	T	V	H	N

DID YOU KNOW?

Milk is a popular dairy product and it is an excellent source of calcium and vitamin D. The delicious low-fat or fat-free milk you get at school comes from dairy cows.

Dairy products help build strong bones so you can grow up healthy. Three daily servings of dairy products are recommended for school age children. Some sources of dairy include milk, cheese, and yogurt.



COW MILK
CALCIUM TEXAS
DAIRY

