



Monday	Tuesday	Wednesday	Thursday	Friday
<b>April 6</b> Cheese ravioli, Garlic breadstick, Green beans, Carrot sticks Strawberry cup and Milk <u>Gluten Free Choice</u> Peanut butter and Fluff <u>Elementary Sandwich Lunch</u> Peanut Butter and Fluff or yogurt lunch	<b>April 7</b> Assorted pizza Green bell pepper sticks, cucumber slices, Fruited jello 100% Juice and Milk <u>Gluten Free Choice</u> Pizza <u>Elementary Sandwich Lunch</u> Ham and cheese or yogurt lunch	<b>April 8</b> Creamy macaroni and cheese, wheat roll, steamed Peas, Celery sticks with Dip Assorted Fruit Choice, Milk <u>Gluten Free Choice</u> Chicken Tenders <u>Elementary Sandwich Lunch</u> Egg salad sandwich on a roll or yogurt lunch	<b>April 9</b> Chicken Fajita's with lettuce Cheddar Cheese and Salsa, Seasoned brown rice, Fresh fruit, 100% juice and Milk <u>Gluten Free choice</u> Chicken Fajita's with corn chips <u>Elementary Sandwich Lunch</u> Turkey sandwich or yogurt lunch	<b>April 10</b> Chili with Beef and Beans, Cheese filled breadstick, Celery sticks with dip Fruit choice, Milk <u>Gluten free choice</u> Toasted cheese sandwich <u>Elementary Sandwich Lunch</u> Tuna Salad or yogurt lunch
<b>April 13</b>  <b>Spring Vacation</b>	<b>April 14</b>  <b>Spring Vacation</b>	<b>April 15</b>  <b>Spring Vacation</b>	<b>April 16</b>  <b>Spring Vacation</b>	<b>April 17</b>  <b>Spring Vacation</b>
<b>April 20</b> Garden veggie burger on a roll with cheese lettuce and tomatoes, sweet potato French fries, Fruit choice and milk <u>Gluten Free Choice</u> Garden burger on a roll <u>Elementary sandwich lunch</u> Peanut butter and fluff or yogurt lunch	<b>April 21</b> Chicken Tenders Whipped potatoes Steamed corn, wheat roll, pineapple chunks, 100% juice, milk <u>Gluten Free Choice</u> Chicken Tenders <u>Elementary sandwich lunch</u> Ham & cheese sandwich or yogurt lunch	<b>April 22</b> Mini turkey corn dogs, French fries, green pepper slices, apples and pears and milk <u>Gluten Free choice</u> Egg salad sandwich <u>Elementary Sandwich Lunch</u> Egg salad sandwich or yogurt	<b>April 23</b> Cheese or pepperoni pizza, steamed broccoli, veggie sticks with dip, 100% juice and milk <u>Gluten Free choice</u> Cheese or pepperoni pizza <u>Elementary Lunch</u> Turkey and cheese sandwich or yogurt lunch	<b>April 24</b> Cheese quesadillas, seasoned brown rice, corn and salsa, Fresh fruit choice and milk <u>Gluten Free Choice</u> Tuna salad sandwich <u>Elementary Lunch</u> Tuna salad on a roll or yogurt lunch
<b>April 27</b> Mozzarella sticks with dipping sauce, warm pretzel, carrot sticks, assorted fresh fruit, milk <u>Gluten free choice</u> Peanut butter and fluff sandwich <u>Elementary sandwich lunch</u> Peanut butter and fluff or yogurt lunch	<b>April 28</b> Taco salad with seasoned beef lettuce, tomatoes, cheddar cheese and salsa, brown rice Assorted fruit choice, 100% juice, milk <u>Gluten free choice</u> Taco salad <u>Elementary sandwich lunch</u> Ham and cheese sandwich or yogurt lunch	<b>April 29</b> Pasta with meat sauce, leafy green salad, Garlic breadstick, Green beans, fruited jell-o, and milk <u>Gluten Free Choice</u> Pasta with meat sauce <u>Elementary Sandwich Lunch</u> Egg salad sandwich or yogurt lunch	<b>April 30</b> Assorted pizza, veggie sticks with dip, steamed broccoli, 100% Juice, milk <u>Gluten Free Choice</u> Assorted pizza <u>Elementary Sandwich Lunch</u> Turkey & cheese sandwich or yogurt lunch	<b>May 1</b> Hamburger on a wheat roll, oven fries, steamed corn, applesauce, milk <u>Gluten Free Choice</u> Hamburger on a bun <u>Elementary Sandwich Lunch</u> Tuna Salad on a roll or yogurt lunch

Alternate lunch choices include all five-food group components. All juice drinks are 100% juice. This menu is subject to change without notice. Please remember applications for Free and Reduced Lunch is available on the Ashford School Website [www.AshfordCt.org](http://www.AshfordCt.org); please have your child bring his or her prepayments to cafeteria when entering school in the morning. NO PREPAYMENTS CAN BE ACCEPTED DURING LUNCH!

The **5 Meal Components** for School Lunch:

- Meat or meat alternate
- Grain
- Fruit
- Vegetable
- Milk

You choose **at least** 3 including  $\frac{1}{2}$  cup of vegetable or fruit and at least 2 other components. For best nutrition, choose all 5!

We also offer a gluten-free option everyday!

**Breakfast** is available everyday for \$1.25. We have bagels, muffins, cereal, yogurt, eggs, egg and cheese sandwiches, wheat breakfast buns, wheat pancakes, and wheat French toast. Included with breakfast is milk and fruit or 100% juice.

**Yogurt Bag** lunches include:

- 4 oz Trix yogurt
- Cheese stick
- Juice box
- Assorted whole grain choice
- Fruit
- Veggie Sticks