



2023

APRIL
AUTISM
AWARENESS MONTH



CENTRAL & GLENDALE
PRIMARY SCHOOLS
GRADES K-2

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Campfire S'more Bar Raisins Orange Juice Low Fat Milk-Variety	Dream Waffle Mixed Fruit Cup Apple Juice Low Fat Milk-Variety	Dunkin Stix Flavored Craisins Apple Juice Low Fat Milk-Variety	Donut Holes Fresh Apple Slices bag Apple Juice Low Fat Milk-Variety	Breakfast Bread Slice Applesauce Cup Orange Juice Low Fat Milk-Variety	Cal 535 T.Fat 11.22 G S.Fat 4.4 G Chol 16.5 Mg Sodm 396.50 Mg Carb 98.06 G Fiber 3.2 G Prtn 12.40 G

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
3 Crazy Cheese Bread Marinara Cup Steamed Cauliflower Chilled Mandarin Oranges Low Fat Milk-Variety	4 Chicken Patty on Bun Broccoli and Dip Carrot Sticks Strawberry Kiwi Slushie Low Fat Milk-Variety	5 Oven Fried Chicken Drumstick Corn Loaf Corn Carrot Sticks Applesauce Cup Low Fat Milk-Variety	6 Domino's Pizza Garden Salad & Dressing Green Beans Peach Cup Low Fat Milk-Variety	7 NO SCHOOL TODAY!  GOOD FRIDAY!	Cal 661 T.Fat 18.78 G S.Fat 5.1 G Chol 56.1 Mg Sodm 1046.28 Mg Carb 95.06 G Fiber 8.0 G Prtn 31.52 G
10 NO SCHOOL TODAY!  EASTER MONDAY!	11 Bearcat Pizza Bagel Green Beans Carrot Sticks Mixed Fruit Juice 100% Low Fat Milk-Variety	12 Taco Wedges Salsa Cup Corn Fresh Apple Slices bag Low Fat Milk-Variety	13 Domino's Pizza Chick Pea Salad Carrot Sticks Applesauce Cup Low Fat Milk-Variety	14 Cheese Quesadilla Garden Salad & Dressing Fresh Banana Low Fat Milk-Variety	Cal 645 T.Fat 17.79 G S.Fat 6.8 G Chol 35.1 Mg Sodm 1036.34 Mg Carb 97.05 G Fiber 8.5 G Prtn 26.62 G

Ingredients and menu items are subject to change or substitution without notice.

* Denotes Item Contains Pork

"This Institution is an equal opportunity provider."

Free and Reduced meals are available to all children who may qualify. If you think you may be eligible, or if your income situation has changed, you can apply at anytime. Simply fill out a current 2022-2023 application or go to the district website on the Nutrition page and click on the online application link anywhere, anytime on the Titan Family Portal. If you have any questions about the Free and Reduced meal program please call 440-439-4530.


April 2023



**CENTRAL & GLENDALE
PRIMARY SCHOOLS
GRADES K-2**

* Denotes Item Contains Pork

APRIL 22, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
17 Corn Puppies (turkey) & Condiments Dragon Punch Juice Carrot Sticks Pineapple Tidbits Low Fat Milk-Variety	18 Chicken Nuggets w/ BBQ Goldfish wg Corn Vegetarian Baked Beans Chilled Peaches Low Fat Milk-Variety	19 Rotini Pasta w/ Meat Sauce Garlic Twist Veggie California Blend Chilled Pears Low Fat Milk-Variety	20 Domino's Pizza Red Veg Plate Peas Mixed Fruit Cup Low Fat Milk-Variety	21 Taco Stick Salsa Cup Broccoli and Dip Applesauce Cup Farmers Market Cookies Low Fat Milk-Variety  Celebrate Earth Day!	Cal 698 T.Fat 17.75 G S.Fat 5.9 G Chol 47.4 Mg Sodm 1148.59 Mg Carb 108.21 G Fiber 9.6 G Prtn 29.95 G Iron 3.40 Mg Calc 499.46 Mg Vit A 31.34 RE Vit C 47.94 Mg
24 Cheese Stuffed Breadstick w/ Dip Green Beans Apple Crisps Low Fat Milk-Variety	25 Walking Taco Salsa Cup Chick Pea Salad Chilled Peaches Low Fat Milk-Variety	26 Cheeseburger Minis Peas Broccoli Applesauce Cup Low Fat Milk-Variety	27 Domino's Pizza Broccoli and Dip Carrot Sticks Fresh Apple Low Fat Milk-Variety	28 Pop Corn chicken Goldfish wg Cooked Carrots Steamed Cauliflower Apple Juice Low Fat Milk-Variety	Cal 599 T.Fat 16.53 G S.Fat 5.8 G Chol 49.8 Mg Sodm 1033.08 Mg Carb 86.73 G Fiber 10.1 G Prtn 30.60 G Iron 3.21 Mg Calc 526.52 Mg Vit A 18.01 RE Vit C 36.01 Mg

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To demonstrate earth friendly service options Nutrition Services will provide a plate lunch meal on 4/21 designed to reduce the amount of energy, paper and styro foam we use. So take some time tonight to consider as a family the impact of your family's carbon footprint on the earth. Just one step at a time can move the world, PLEASE.... REDUCE, REUSE AND RECYCLE!

