



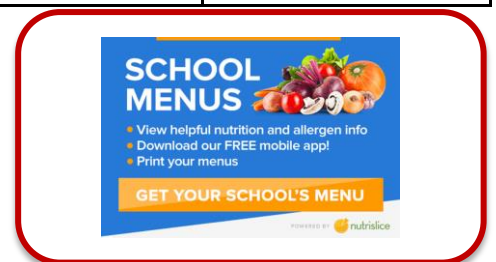
## APRIL 2018 COMPASS SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>Oven Baked Chicken Nuggets BBQ Dipping Sauce Chilled Cucumber and Mandarin Orange Citrus Salad</p>	<p><b>3</b></p> <p>Crunchy Beef Taco Seasoned Beef Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Black Beans</p>	<p><b>4</b></p> <p>Meatball Sub with Mozzarella Cheese Steamed Fresh Green Beans  Baked Lay's Potato Chips <i>(Available with All Meals)</i></p>	<p><b>5</b></p> <p>Whole Wheat French Toast Sticks Baked Ham Steak Oven Hash Brown Pattie</p>	<p><b>6</b></p> <p>Whole Grain Cheese Pizza Hummus Cup with Celery Sticks and Baby Carrots</p>
<p>Alternative Meals: 2. Bagel Fun Lunch: Wheat Bagel, Sunbutter, Danimal's Strawberry Yogurt and Baby Snack Carrots 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll</p>				
<p><b>9</b></p> <p>Turkey Hot Dog on Whole Wheat Bun Seasoned Carrots BBQ Baked Beans</p>	<p><b>10</b></p> <p>Sweet n' Sour Popcorn Chicken Seasoned Brown Rice Roasted Summer Squash and Zucchini</p>	<p><b>11</b></p> <p>Pasta with Meat Sauce Penne Pasta with Meat Sauce Seasoned Sweet Corn Whole Wheat Breadstick</p>	<p><b>12</b></p> <p>Maple Whole Wheat Mini Pancakes String Cheese Stick Glazed Sweet Potatoes</p>	<p><b>13</b></p> <p>2 Cheese Filled Whole Grain Bosco Breadsticks Pizza Sauce for Dunking Seasoned Mixed Veggies</p>
<p>Alternative Meals: 2. Sliced Turkey and Cheese on Wheat Roll 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll</p>				
<div style="background-color: #00a0e3; color: white; padding: 10px; border-radius: 10px; display: inline-block;"> <h3>Enjoy Your Vacation!</h3> </div>				
<p><b>23</b></p> <p>Creamy Macaroni and Cheese Oven Roasted Garbanzo Beans Whole Wheat Breadstick  Scooby Do Graham Crackers <i>(Available with All Meals)</i></p>	<p><b>24</b></p> <p>Beef Nacho Plate Corn Tortilla Chips Seasoned Beef Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Black Beans</p>	<p><b>25</b></p> <p>Oven Baked Popcorn Chicken Mashed Potatoes Sweet Corn and Gravy Dinner Roll</p>	<p><b>26</b></p> <p>Whole Wheat Cinnamon Mini French Toast Sausage Patty Oven Baked Tater Tots</p>	<p><b>27</b></p> <p>Whole Grain Cheese Pizza Spinach and Fresh Strawberry Salad</p>
<p>Alternative Meals: 2. Sunbutter and Grape Jelly Roll Up on Wheat Tortilla 3. Tossed Salad with Romaine Lettuce, Tomatoes and Cucumbers with Mozzarella Cheese and Whole Wheat Dinner Roll</p>				
<p><b>30</b></p> <p>Cheeseburger on Whole Wheat Bun Oven Roasted Brussel Sprouts  Rolled Gold Mini Pretzels <i>(Available with All Meals)</i></p>			<p>A full student lunch includes a choice of entrée supplying protein and grain, 2 vegetable side dishes, 1 fruit side dish and a choice of one milk.</p>	<p>Paid \$2.70 Reduced \$0.40 Milk A la Carte \$0.50  USDA is an equal opportunity employer and provider.  Menus Are Subject to Change</p>
<p>Alternative Meals: 2. Sliced Ham and Cheese on Wheat Sub Roll 3. Tossed Salad with Shredded Cheddar Cheese, Romaine Lettuce, Tomatoes, Cucumbers and 2 Breadsticks</p>				
<p><b>Available With All Meals</b></p> <p>Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p><b>Available With All Meals</b></p> <p>Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p><b>Available With All Meals</b></p> <p>Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p><b>Available With All Meals</b></p> <p>Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p><b>Available With All Meals</b></p> <p>Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>

### DAILY BREAKFAST MENU

<u>Monday:</u>	Whole Grain Blueberry Muffin or Kix Cereal
<u>Tuesday:</u>	Chocolate Chip/Oatmeal Breakfast Bar or Frosted Mini Wheats Cereal
<u>Wednesday:</u>	Nutrigrain Fruit Bar or Rice Krispy Cereal
<u>Thursday:</u>	Low Fat Vanilla Yogurt with Nut Free Granola or Special K Cereal
<u>Friday:</u>	Whole Grain Cinnamon Pop Tart or Cheerios Cereal

All breakfast served with fruit and milk.



Check Out Our Menus On-Line:  
[skschools.nutrilite.com](http://skschools.nutrilite.com)