

**April 2019**  
**Armstrong Township High School**

| SUN                                     | MON  | TUES  | WED   | THU   | FRI  | SAT |
|---|--|---|---|---|--|-----|
| ALL MEALS SERVED WITH LOWFAT OR 1% MILK | 1<br>Hot Ham & Cheese<br>Cali Blend<br>Vegetables<br>Pineapple<br>Cottage Cheese<br>Sunchips | 2<br>Chicken Nuggets<br>Tater Tots<br>Corn<br>Peaches<br>Cupcakes                               | 3<br>Slappy Joes<br>Green Beans<br>Macaroni & Cheese<br>Banana                              | 4<br>Homemade Pizza<br>Salad<br>Pears<br>Bosco Stick<br>Brownies  | 5<br>Breakfast Wraps<br>Twi Taters<br>Orange Juice<br>Banana<br>Muffin | 6   |
| MENUS SUBJECT TO CHANGE                 | 8<br>Baked Ham<br>Cheesy Mashed Potatoes<br>Green Beans<br>Strawberries<br>Dinner Roll       | 9<br>Beefy Cheesy Nachos<br>Refried Beans<br>Grapes<br>Brownies                                 | 10<br>Spaghetti<br>Salad<br>Pears<br>Cheesy Biscuits  | 11<br>Au Gratin Potatoes & Ham<br>Broccoli<br>Peaches             | 12<br>Macaroni & Cheese<br>Pears<br>Mixed Fruit<br>No Bake Cookies     | 13  |
| 14                                      | 15<br>Pulled Pork<br>Baked Beans<br>Cali Blend<br>Vegetables<br>Applesauce<br>Fritos         | 16<br>Chicken Fajitas<br>Spanish Rice<br>Refried Beans<br>Mixed Fruit<br>Chips/Salsa<br>Pudding | 17<br>Chef Salad with Ham & Turkey<br>Pineapple<br>Cottage Cheese<br>Bosco Sticks<br>Cookie | 18<br>Hot Dogs<br>French Fries<br>Broccoli<br>Pears               | 19<br>No School!!!   | 20  |
| 21                                      | 22<br>Beef & Bean Burritos<br>Corn<br>Spanish Rice<br>Parfait Cups                           | 23<br>Chicken Alfredo<br>Broccoli<br>Peaches<br>WG Roll   | 24<br>Chicken Patty w/Gravy<br>Mashed Potatoes<br>Carrots<br>Grapes<br>Pumpkin Bars         | 25<br>Goulash<br>Green Beans<br>Applesauce<br>Garlic Cheese Bread | 26<br>Early Dismissal at 11:15am,<br>No Lunch!!!                       | 27  |
| 28                                      | 29<br>Chicken Tacos<br>Spanish Rice<br>Fruit Fluff<br>Corn<br>Chips/Salsa                    | 30<br>Stromboli<br>Salad<br>Peaches<br>Cottage Cheese   |   |   |  |     |