




Conard High School Menu - April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Toasted Cheese Sandwich D Tomato Soup Carrot & Celery Sticks w/ Dip Diced Pears Assorted Fresh Fruits & Vegetables</p>	<p>2</p> <p>Chicken Fajita D Lettuce, Salsa & Sour Cream D Spicy Black Beans Steamed Brown Rice Blueberry Cup Assorted Fresh Fruits & Vegetables</p>	<p>3</p> <p>Jamaican Beef Patty or Pulled Pork Sandwich Cole Slaw E Vegetarian Beans Applesauce Assorted Fresh Fruits & Vegetables</p>	<p>4</p> <p>Cheese Stuffed Shells D,E Marinara Sauce or Pasta Meat/Meatless Sauce Garlic Bread Stick Roasted Chick Peas Juice Choice Assorted Fresh Fruits & Vegetables</p>	<p>5</p> <p>BBQ Beef Rib on a Bun D or Filet of Fish Sandwich E,D Crinkle Cut Fries Steamed Corn Cinnamon Apples Assorted Fresh Fruits & Vegetables</p>
<p>8</p>  <p>Meatless Monday</p>	<p>9</p> <p>10</p> <p>11</p> <p style="font-size: 2em;">Spring Recess !!!</p>			<p>12</p> 
<p>15</p> <p>French Bread Pizza D French Bread Pizza with Garlic & Cheese D Garden Salad Diced Peaches Assorted Fresh Fruits & Vegetables</p>	<p>16</p> <p>Nachos Grande Seasoned Meat & Cheese Sauce D Lettuce, Salsa & Sour Cream D Steamed Corn Orange Wedges Assorted Fresh Fruits & Vegetables</p>	<p>17</p> <p>Burger Bar Beef or Veggie Assorted Toppings Potato Salad E Strawberry Cup Assorted Fresh Fruits & Vegetables</p>	<p>18</p> <p>Pasta with Meat/Meatless Sauce Garlic Bread Stick Sautéed Spinach Diced Peas Assorted Fresh Fruits & Vegetables</p>	<p>19</p> <p style="font-size: 1.5em;">Good Friday No School</p>
<p>22</p> <p>Mozzarella Sticks D Marinara Sauce Warm Bread Stick Seasoned Potato Wedges Fresh Roasted Cauliflower Applesauce Assorted Fresh Fruits & Vegetables</p>	<p>23</p> <p>Street Taco Pork or Chicken Carnita Lettuce, Salsa & Sour Cream D Chilled Edamame Juice Choice Assorted Fresh Fruits & Vegetables</p>	<p>24</p> <p>French Toast Sticks E,D Sausage Links Hash Brown Potato Candied Butternut Squash Mixed Berry Cup Assorted Fresh Fruits & Vegetables</p>	<p>25</p> <p>Chicken Parmesan or Pasta Meat/Meatless Sauce Garlic Bread Stick Broccoli Normandy Raisins Assorted Fresh Fruits & Vegetables</p>	<p>26</p> <p>Popcorn Chicken D Mashed Potato D & Gravy D Dinner Roll Sautéed Green Peas Diced Peaches Assorted Fresh Fruits & Vegetables</p>
<p>29</p> <p>Pizza Wedge D Cheese or Veggie Toppings School Made Minestrone Soup Mixed Fruit Cup Assorted Fresh Fruits & Vegetables</p>	<p>30</p> <p>Nachos Grande Seasoned Meat & Cheese Sauce D Lettuce, Salsa & Sour Cream D Black Bean & Corn Salad Pineapple Tidbits Assorted Fresh Fruits & Vegetables</p>	<p>Milk Choices offered daily include low fat & fat free unflavored or flavored milk</p>	 <p style="background-color: #90EE90; padding: 5px; text-align: center;">FRESH SALAD PLATES AVAILABLE DAILY</p>	<p>This institution is an equal opportunity provider</p>

Food allergy information: All hot meals are peanut and tree nut free and Trans Fat Free; most meals contain soy, wheat and gluten - Please contact Tim Prosinski, Food Service Director at (860)561-6610 to discuss an alternate meal plan for your child. **Key:** D = contains milk/dairy; E = contains egg; *Menu Subject to Change Without Notice