

# APRIL 2025

# CANIFF LIBERTY ACADEMY PREK-8

# LUNCH



Our lunch consists of a serving of milk, fruits, vegetables, grains & meat/ meat alternatives.

All students must have a serving of fruits or vegetables in their plates.

All grains are whole grain rich.

Fat-Free unflavored, 1% unflavored & Fat-Free unflavored Milk



**MyPlate Recommends:**

Choose vegetables rich in color!

Brighten your plate with vegetables that are red, orange, or dark green.

They don't only taste great, but they're also good for you!

**Reference: USDA.MyPlate.gov**



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**No School**

**No School**

**No School**

**No School**

7  
Chicken Nuggets W/ WG Roll  
Potato wedges  
Assorted Fresh Fruits  
Flavored Fat-Free/ Unflavored  
1% Milk

8  
Pizza Crunch  
Mixed Steamed Vegetables  
Assorted Fresh Fruits  
Flavored Fat-Free/ Unflavored  
1% Milk

9  
Chicken Patty W/ WG Bun  
Garbanzo Beans & Cucumber Salad  
Assorted Fresh Fruits  
Flavored Fat-Free/ Unflavored  
1% Milk

10  
Cheese Pizza  
Spinach & Colored Peppers  
Assorted Fresh Fruits  
Flavored Fat-Free/ Unflavored  
1% Milk

11  
**Half Day**  
Mozzarella Cheese Sticks & Crackers  
Cucumber & Carrots  
Assorted Fresh Fruits/ 100% Juice  
Flavored Fat-Free/Unflavored  
1% Milk

14  
Beef Patty W/ WG Bun  
Lettuce & Tomatoes  
Assorted Fresh Fruits  
Flavored Fat-Free/ Unflavored  
1% Milk

15  
Chicken Tender W/ WG Roll  
Fries  
Assorted Fresh Fruits  
Flavored Fat-Free/ Unflavored  
1% Milk

16  
Ground Beef W/Pasta & Spagetti Sauce  
Steamed Green Beans+Carroit Coins  
Assorted Fresh Fruits  
Flavored Fat-Free/ Unflavored  
1% Milk

17  
Cheese Pizza  
Spinach & Colored Peppers  
Assorted Fresh Fruits  
Flavored Fat-Free/ Unflavored  
1% Milk

**No School**

21  
Chicken Nuggets W/ WG Roll  
Potato wedges  
Assorted Fresh Fruits  
Flavored Fat-Free/ Unflavored  
1% Milk

22  
Beef & Beans Cheese Burrito  
Veggie Blens, Corn & Black Beans  
Assorted Fresh Fruits  
Flavored Fat-Free/ Unflavored  
1% Milk

23  
Grilled Chicken W/Rice  
Pinto Beans W/Tomato Sauce  
Assorted Fresh Fruits  
Flavored Fat-Free/ Unflavored  
1% Milk

24  
Cheese Pizza  
Spinach & Colored Peppers  
Assorted Fresh Fruits  
Flavored Fat-Free/ Unflavored  
1% Milk

25  
**Half Day**  
Mozzarella Cheese Sticks & Crackers  
Cucumber & Carrots  
Assorted Fresh Fruits/ 100% Juice  
Flavored Fat-Free/Unflavored  
1% Milk

28  
Pizza Bagel  
Steamed Corn  
Assorted Fresh Fruits  
Flavored Fat-Free/ Unflavored  
1% Milk

29  
Beef Hotdog W/ WG Bun  
Chili Beans W/ Tomato Sauce  
Assorted Fresh Fruits  
Flavored Fat-Free/ Unflavored  
1% Milk

30  
Chicken Patty W/ WG Bun  
Steamed Carrots & Green Beans  
Assorted Fresh Fruits  
Flavored Fat-Free/ Unflavored  
1% Milk



***This Institution is an equal Opportunity Provider. All students are eligible for free school meals. Menu choices are subject to change.***