


Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Oakland schools are "meatless" on Mondays!</p>	<p>(L) Lower Fat Poultry (V) Vegetarian (WG) Whole Grain (GF) Gluten Free (LF) Low Fat (P) Pork</p>	<p>Prices: Full Price \$2.25 Reduced \$0.40 Free \$0.00 Milk w/o Meal \$0.40</p>		<p>1 April Fool's Day! Chicken Sausage Biscuit Chicken & Waffles Breaded Fish (Pollock) Perfect Deli Roasted Potatoes Outstanding Oranges Crackers (WG)</p>
<p>4 Meatless Monday! Macaroni & Cheese (V)(LF) Vegetarian Chili w/ Cornbread(V) Vegetarian Stir Fry Bowl (V) Clever Baby Carrots 100% Fruit Juice</p>	<p>5 PIZZA DAY! Cheese Pizza (WG)(V) Pepperoni Pizza (WG)(P) Cool Peas & Carrots Brilliant Bananas Graham Crackers</p>	<p>6 Pasta & Meat Sauce Wrapped Bagel Dog Cheese Quesadilla (V) California Vegetable Blend Outta Sight Oranges</p>	<p>7 Chicken Suqaar BBQ Chicken Melt PB & Jelly Sandwich (V) Great Green Beans Powerful Pears Crackers (WG)</p>	<p>8 Chili Cheese Nachos (L) Breaded Fish (Pollock) Grilled Chicken Salad Awesome Fuji Apple Crazy Celery & Peanut Butter</p>
<p>11 Meatless Monday! Bean & Cheese Burrito (V) Garden Burger w/ Cheese (V) PB & Jelly Sandwich (V) Brown Rice Cool Corn Cobette 100% Fruit Juice</p>	<p>12 PIZZA DAY! Cheese Pizza (WG)(V) Pepperoni Pizza (WG)(P) Clever Baby Carrots Brilliant Bananas Graham Crackers</p>	<p>13 Grilled Cheese (V)(WG) Hamburger (WG Bun) Oven Baked Chicken Delightful Deli Roasted Potatoes Powerful Pears</p>	<p>14 Beef & Broccoli Chicken Egg Roll (WG) Chicken Teriyaki Brown Rice Outta Sight Oranges Smart Spinach Salad</p>	<p>15 Fish Tacos Pizza Pocket Galactic Granny Smith Apple Rice & Beans Cracker (WG)</p>
<p>18 </p>	<p>Spring Recess No school April 18th - 22nd</p>			<p>22 </p>
<p>25 Meatless Monday! Grilled Cheese (V)(WG) Cheese Quesadilla (V) Goldfish Crackers (WG) Clever Baby Carrots 100% Fruit Juice</p>	<p>26 PIZZA DAY! Cheese Pizza (WG)(V) Pepperoni Pizza (WG)(P) Cool Corn Cobette Brilliant Bananas Gripz Grahams</p>	<p>27 BBQ Chicken Drumstick Cheeseburger (WG Bun) PB & Jelly Sandwich (V) Marvelous Mashed Potatoes Awesome Apples</p>	<p>28 Special Earth Day Menu! </p>	<p>29 Chicken Sausage Biscuit Chicken & Waffles Eggs w/ Veggie Sausage (V) Perfect Deli Roasted Potatoes Scrumptious Strawberries Crackers (WG)</p>

Menu subject to change based on availability.

We serve 1% White Milk daily and Nonfat Chocolate Milk on Mondays.
No Artificial Hormone rBST

NUTRIENT TARGETS	
Calories	645
Total Fat	<30%
Saturated Fat	<10%
Cholesterol	<100 mg
Sodium	<1100 mg
Fiber	6 g

NUTRIENT AVERAGES	
Calories	659
Total Fat	27%
Saturated Fat	9%
Cholesterol	56 mg
Sodium	995 mg
Fiber	8 g

