

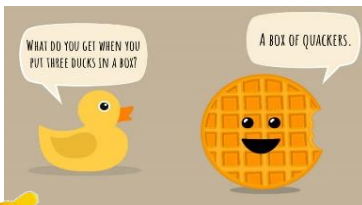
Excelsior Phelan

APRIL Student Meals

DID YOU KNOW?

TOP BETA-CAROTENE FOODS

- Carrot juice
- Pumpkin
- Spinach
- Carrots
- Sweet potatoes
- Collard greens
- Kale
- Turnip greens
- Winter squash
- Dandelion greens
- Cantaloupe
- Apricot
- Mango



Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

Chef reserves the right to change menu for seasonality and new menu innovation.

revolution foods.

2022

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			<p>1</p> <p>Breakfast Sausage & Cheddar Bagel</p> <p>Lunch Cheese Pizza, salad, broccoli</p>
<p>5</p> <p>Breakfast Vanilla Concha Bread</p> <p>Lunch Pesto Pasta Salad w/Chicken, cucumbers</p>	<p>6</p> <p>Breakfast Cinnamon Crisp Bar</p> <p>Lunch Hamburger, falafel tots, pinto beans</p>	<p>7</p> <p>Breakfast Cinnamon Toast Bagel</p> <p>Lunch Chicken Tamale w/Rice, peas</p>	<p>8</p> <p>Breakfast Egg & Potato Scramble</p> <p>Lunch Chicken Alfredo w/Broccoli</p>
<p>12</p> <p>Breakfast Banana Muffin</p> <p>Lunch Mozzarella-stuffed Breadsticks w/Marinara, corn baby carrots</p>	<p>13</p> <p>Breakfast Strawberry Granola Bowl</p> <p>Lunch Ham & Cheese Sandwich</p>	<p>14</p> <p>Breakfast Egg & Cheese Muffin</p> <p>Lunch Chinese Chicken Noodles w/Cabbage</p>	<p>15</p>
<p>19 20 21 22</p>			
<p>26</p> <p>Breakfast Berry Apple Crisp Bar</p> <p>Lunch Crispy Chicken Sandwich, falafel tots, corn</p>	<p>27</p> <p>Breakfast Cinnamon Crumble</p> <p>Lunch Hot Dog, green beans</p>	<p>28</p> <p>Breakfast Waffle</p> <p>Lunch Cheese & Chicken Quesadilla, sweet potatoes, baby carrots</p>	<p>29</p> <p>Breakfast Sausage & Cheddar Bagel</p> <p>Lunch Southwest Veggie Wrap, broccoli</p>