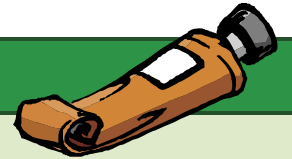


April 2009


Blanchester Local School



News

***F.Y.I. – Did you know if you qualify for Free Lunch you also qualify for Free Breakfast.
 ***Our child Nutrition program recently received excellent ratings on our last State Review.
 ***Our Kitchens strive to offer more whole grain products; Fresh Fruit bowl offered daily; steamed and baked foods 0-trans fat items.
 ***Our Menu's offer 1/3 of the RDA for protein, calcium, iron vitamins A and C; contain age appropriate levels of calories and fiber; do not exceed age appropriate levels of sodium and cholesterol; fat content is $\leq 30\%$; saturated fat $\leq 10\%$.
 ***Menu's are subject to change due to circumstances beyond our control.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Breakfast Yogurt, Graham Crackers Fruit, Milk Lunch Hot dog w/Cheese Cup Oven Potato Fruit Milk	2 Breakfast Super Donut Fruit, Milk Lunch Chicken Strips Green Beans Roll w/butter Fruit, Milk	3 Breakfast Sausage on a Stick Fruit, Milk Lunch Pizza Veggies Fruit Milk
6 Breakfast Cereal w/Graham Crackers Fruit, Milk Lunch Deli Sandwich w/ Cheese Baked Beans, Chips Fruit Milk	7 Breakfast Breakfast Pizza Fruit, Milk Lunch Cook's Choice	8 Breakfast Yogurt, Graham Crackers Fruit, Milk Honey BBQ Rib Sandwich Pickles Carrot Snack Fruit Milk	9 Breakfast Super Donut Fruit, Milk Lunch Chicken Patty on bun Peas, Cookie Fruit cup Milk	10 NO SCHOOL
13 NO SCHOOL	14 Breakfast Breakfast Pizza Fruit, Milk Lunch Hamburger or CB on Bun Pickles, Potato Fruit Milk	15 Breakfast Yogurt, Graham Crackers Fruit, Milk Lunch Walking Taco Lettuce, Cheese Cup Salsa, Corn Fruit, Milk	16 Breakfast Super Donut Fruit, Milk Lunch Corn Dog Oven Potato Ice Cream Cup Fruit, Milk	17 Breakfast Sausage on a Stick Fruit, Milk Lunch Pizza Choice of Vegetables Fruit Milk
20 Breakfast Cereal w/Graham Crackers Fruit, Milk Lunch Sloppy Joe on Bun Oven Potato Fruit Cup Milk	21 Breakfast Breakfast Pizza Fruit, Milk Brunch French Toast Sticks Sausage Potato Choice of Fruit, Milk	22 Breakfast Yogurt, Graham Crackers Fruit, Milk Lunch Ravioli w/Cheese Cup Bread w/butter Mixed Veggies Fruit, Milk	23 Breakfast Super Donut Fruit, Milk Lunch Chicken Nuggets w/ Dip Roll w/butter Veggies Fruit, Milk	24 Breakfast Sausage on a Stick Fruit, Milk Lunch Pizza Vegetable of the Day Fruit Milk
27 Breakfast Cereal w/Graham Crackers Fruit, Milk Lunch Tomato Soup Grilled Cheese Veggies, Pickles Fruit, Milk	28 Breakfast Breakfast Pizza Fruit, Milk Lunch Hot dog French Fries Cookie, Fruit Milk	29 Breakfast Yogurt, Graham Crackers Fruit, Milk Chicken Soft Taco Salsa, Lettuce Cheese Cup Fruit Milk	30 Breakfast Super Donut Fruit, Milk Lunch Cook's Choice	