



Lunch \$3.95  
Milk 60¢

# APRIL 2012 LOCKPORT CENTRAL STAFF LUNCH MENU



Fruits and vegetables come in terrific colors and flavors, but their beauty lies in what's inside! Fruits and Vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases.

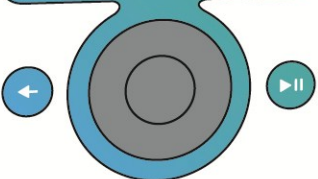
To get a healthy variety, think color! Eating a variety of fruits and vegetables of different colors gives your body a wide range of valuable nutrients like fiber, potassium, vitamins A and C.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cheeseburger Wrap French Fries Fresh Seasonal Fruit	3 Grilled Reuben Sandwich served w/Garlic Chips Pickle Slices	4 Hero Sandwich With Ham*, Turkey, Cheese, Lettuce, Tomato, Lettuce & Onion on a homemade Sub Roll	5 Chicken Noodle Soup Half Turkey Sandwich or Side Salad	6 <i>GOOD FRIDAY</i> <i>NO SCHOOL</i>
9 <i>EASTER MONDAY</i> <i>NO SCHOOL</i>	10 Grilled Patty Melt Seasoned French Fries Orange Slices	11 White Bean Chili in a Bread Bowl Fresh Seasonal Fruit	12 <i>National Grilled Cheese Sandwich Day</i> Grilled Cheese, Bacon* & Tomato Sandwich Homemade Chips Fresh Apple	13 Chicken Taco Salad Seasoned Chicken served on top of Salad Greens, Tomato, Cheese, Salsa & Sour Cream
16 Grilled Meatball Sub Seasoned French Fries Fresh Seasonal Fruit	17 Homemade Creamy Potato Soup with a Side Salad or 1/2 Turkey Sandwich	18 Tuna Melt on an English Muffin Cut-Up Vegetables w/Dip	19 Homemade Lasagna with Homemade Breadsticks Fresh Seasonal Fruit	20 Smothered Chicken Sandwich w/Lettuce & Tomato Homemade Chips Orange Slices
23 Chicken or Turkey Taco Meat Nachos With Lettuce, Tomato, Cheese & Sour Cream	24 <i>TESTING</i> <i>NO LUNCH SERVED</i>	25 Julienne Salad w/Ham*, Turkey, Eggs, Tomato, Peppers, Celery, Carrots & Croutons	26 French Onion Soup 1/2 Egg Salad Sandwich Or Side Salad	27 Lemon Pepper Chicken Sandwich Homemade Chips Pickle Slices
30 Pasta Salad Tri-Colored Rotini Pasta w/Assorted Fresh Vegetables	Drink more water! Add more fruits and vegetables to your daily meals and snacks. Monitor your portion sizes and get plenty of rest. Keep a daily journal of what you eat to track your nutritional progress.			

### Questions about the menu?

Call  
815-588-8625

A comprehensive  
Nutrition & Allergy  
Guide is available  
in the Food Service  
Office.



### PLEASE NOTE

Menu changes may be necessary. Notice will be given when possible.  
1% and fat free milk served daily. \*Contains pork

