

April 2021

Jefferson Parish Schools- Face-to Face-Learning

BREAKFAST



MENU IS SUBJECT TO CHANGE
Grades K-12- Milk Daily.



Nutrition Tip: Make Fruit More Appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries



Monday

Tuesday

Wednesday

Thursday

Friday



Spring Break 5

Spring Break 6

Whole Grain Cinnamon Bun
Orange Juice 7

Whole Grain Pancakes and Sausage on a Stick
Apple Juice 1

Spring Break 2

Whole Grain Muffin Loaf and Yogurt
Orange Juice 12

Whole Grain Pancakes and Sausage on a Stick
Apple Juice 13

Whole Grain Mini Blueberry Pancakes
Orange Juice 14

Whole Grain Pancakes and Sausage on a Stick
Apple Juice 8

Whole Grain Toaster Pastry
Orange Juice 9

Whole Grain Chicken Sausage Biscuit
Apple Juice 15

Whole Grain Waffle Maple Chicken Sausage
Orange Juice 16

Whole Grain Muffin Loaf and Yogurt
Orange Juice 19

Whole Grain Pancakes and Sausage on a Stick
Apple Juice 20

Whole Grain Mini Blueberry Pancakes
Orange Juice 21

Whole Grain Chicken Sausage Biscuit
Apple Juice 22

Whole Grain Waffle Maple Chicken Sausage
Orange Juice 23

Whole Grain Muffin Loaf and Yogurt
Orange Juice 26

Whole Grain Pancakes and Sausage on a Stick
Apple Juice 27

Whole Grain Mini Blueberry Pancakes
Orange Juice 28

Whole Grain Chicken Sausage Biscuit
Apple Juice 29

Whole Grain Waffle Maple Chicken Sausage
Orange Juice 30

April 2021

Jefferson Parish Schools-Face-to Face Learning

LUNCH



MENU IS SUBJECT TO CHANGE
Grades K-12 –Milk Daily.



Fitness Tip: Find ways to increase physical activity. You could try to:

- Play a sport like basketball, softball, or soccer
- Walk, skate, or cycle more
- Do stretches, exercises, or pedal a stationary bike while watching TV



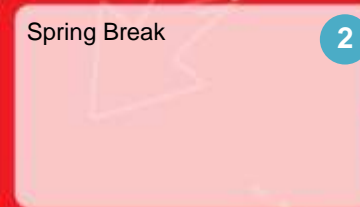
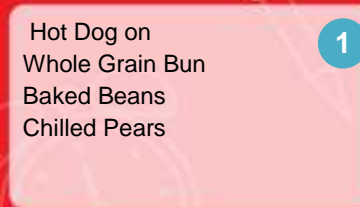
Monday

Tuesday

Wednesday

Thursday

Friday



Spring Break **5**

Spring Break **6**

Mandarin Chicken **7**
Brown Rice
Seasoned Broccoli
Chilled Mixed Fruits

Hot Dog on **1**
Whole Grain Bun
Baked Beans
Chilled Pears

Spring Break **2**

Chicken Tenders **12**
Seasoned Corn
Fresh Apple Quarters

Pizza **13**
Dark Green Salad
Fresh Orange Quarters

Chicken Fajita **14**
Salsa
Chilled Peaches

Grilled Cheese on **8**
Whole Grain Bread
Seasoned Green Beans
Chilled Pears

Southern Baked Fish **9**
Potato Salad
Fresh Strawberries

White Beans **19**
Brown Rice
Seasoned Broccoli
Chilled Peaches

Turkey and Cheese Po'boy **20**
Crispy Fries
Fresh Orange Quarters

Chicken Fajita **14**
Salsa
Chilled Peaches

Brunch For Lunch **15**
Scrambled Eggs
French Toast
Roasted Potatoes
Chilled Mixed Fruit

Cheeseburger on **16**
Whole Grain Bun
Sweet Potato Fries
Fresh Strawberries

Grilled Cheese on **26**
Whole Grain Bread
Dark Green Salad
Chilled Pears

Manager's Choice **27**

Lasagna Roll Up with **21**
Tomato Sauce
Seasoned Green Beans
Fresh Apple Quarters

Corn Dog Nuggets **22**
Baked Beans
Chilled Mixed Fruit

Southern Baked Fish **23**
Potato Salad
Fresh Strawberries

Grilled Cheese on **26**
Whole Grain Bread
Dark Green Salad
Chilled Pears

Manager's Choice **27**

Chicken Fajita Bowl **28**
Brown Rice
Black Beans
Salsa
Chilled Peaches

Pizza **29**
Seasoned Corn
Fresh Orange Quarters

Mandarin Chicken **30**
Brown Rice
Seasoned Broccoli
Fresh Orange Quarters