



Breakfast
Served Daily
\$1.50



Bagels, cold cereal, hot breakfast sandwiches and daily specials available.

Served with milk, fresh fruit and juice

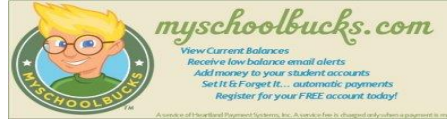
ARLINGTON PUBLIC SCHOOLS

APRIL 2018

HIGH SCHOOL & OTTOSON MENU

LUNCH: \$3.00 MILK ONLY: \$0.75

Prepayments can be made by check in the cafeteria or online at:



MONDAY 2	TUESDAY 2	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
Hot dog on WG roll, baked fries, Veg. baked beans Tomato & cucumber salad, peach cup	Chicken pasta bake, warm breadstick, seasoned green beans, pineapple cup	BBQ chicken drumsticks, mashed potatoes, steamed broccoli & parmesan, warm spiced apples	Chicken burrito stuffed with rice and beans, lettuce, tomato & shredded, corn salsa cheese, fruit cup	Steak and cheese sub on WG roll, baked curly fries, honey carrots, fresh pear
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
Chicken parmesan sandwich with sauce and cheese on a whole grain roll, fresh veggie pasta salad, peach cup	Orange chicken with veggies over rice Corn on the cob, pineapple cup, fortune cookie	Meatball sub with sauce and cheese on WG roll, zucchini and tomatoes, melon slice	Yogurt & fruit parfait, fresh fruit salad, whole wheat bagel & light cream cheese, fresh baby carrots	Homemade macaroni and cheese, honey wheat roll, seasoned broccoli, dried fruit cup

Have a Safe and Relaxing Break!

MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
BBQ rib patty on WG roll, sweet potato medley, green beans, pineapple & kiwi cup	Chicken, broccoli and ziti, warm garlic breadstick, mixed veggies, fresh fruit bowl	Grab and go Honey mustard Crispy chicken wrap with romaine and tomato Baby carrots Baked chips	Bacon cheeseburger, lettuce tomato and pickles, baked seasoned curly fries, fresh broccoli salad Strawberries & topping	Fresh veggie and hummus grab and go quinoa salad, pita triangles, cheese stick Fresh grapes

Daily Alternates:
High School
Deli Bar
Salad Bar
Pizza/Pasta
Grab and go salads & sandwiches
Assorted hot items

Ottoson Middle School
Grab & go salads and sandwiches
Pizza/Pasta
Assorted hot items

All Meals come with low-fat, non-fat, non-fat chocolate milk, or Lactaid milk



Assorted fruits and veggies are available daily in addition to items listed.

