



Sunset Mesa Schools ~ Lunch Menu for April 2019

Daily Lunch Choices are as follows:

#1 - Hot or Sandwich Lunch

#2 - Salad or Soup Lunch

#3 - Vegetarian Bean & Cheese Burrito - Available Everyday

#4 - Extra Entree of Choice #1 (cost is \$1.25 more)

All Lunches include a Side, Veggies, Fresh Fruit

(V)=Vegetarian (D)=item contains dairy (N)=nuts (F)=Fish/Shellfish (P)=Pork (GF)=Gluten Free or Bread Product can be Easily Avoided

Rhubarb & Elliott

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1)'Make your Own' Beef Tacos(V-Bean) w/ Cheese, Lettuce, Sweet Corn, Salsa, Fruit(GF) ¹</p> <p>2)'Double-Scoop' Tuna & Egg Salads over Field Greens, Homemade Bagel Chips, Fruit(F)</p>	<p>1)Baked Potato w/ Cheese, Bacon (on the side), Steamed Broccoli, Fruit(GF) ²</p> <p>2)Plain Bagel w/ Side of Cream Cheese, Hard Boiled Egg, Tomatoes & Cucumbers, Fruit(V)</p>	<p>1)Mild Green Chili Cheese Enchiladas, Spanish Rice & Whole Beans, Fruit(V)(GF) ³</p> <p>2)Hearty Beef Stew(GF) w/ Potatoes, Carrots & Peas, Wheat Roll, Whole Fruit</p>	<p>1)Panko Crusted Chicken, Buttery Egg Noodles, Sweet Peas, Fruit ⁴</p> <p>2)Vanilla Yogurt, Homemade Granola(N), Turkey Sausage, Fruit Salad</p>	<p>1)Cheese Pizza, Various Veggies w/Ranch Dipping Sauce, Fruit (V) ⁵</p> <p>2)Chicken Cesar Salad w/ Parmesan Cheese, Cherry Tomatoes, Homemade Croutons, Fruit (F)(GF)</p>
<p>1)Tostado 'Scoopers' w/ Refried Pintos & Rice, Cheese, Lettuce, Black Olives, Salsa, Fruit(V)(GF) ⁸</p> <p>2)Build your Own' Lunch w/ Roast Turkey & Cheese Cubes, Veggie Medley, Crackers, Fruit(GF)</p>	<p>1)Spaghetti w/ Meat Sauce or (Marinara(V) by request), Steamed Broccoli, Fruit ⁹</p> <p>2)Chef Salad w/Ham & Cheese Cubes, HBEgg, Veggies, Crackers, Ranch, Fruit(V)(P)</p>	<p>1)Turkey 'Pot Pie' w/ Potatoes, Peas & Carrots, Buttermilk Biscuit, Fruit(D) ¹⁰</p> <p>2)Fruit/Yogurt Smoothie, Tortilla, Carrot & Celery Sticks w/ Sunflower Nut Butter Dip(V)(GF)</p>	<p>1)100% Beef Hot Dog in Scratch made Blanket, Veg. Baked Beans, Carrots & Pickle, Fruit ¹¹</p> <p>2)Rotini Pasta Salad w/ Parm Cheese, Garbanzo, Tomato & Broccoli side Salad, Fruit(V)</p>	<p>1)Cheese Pizza, Various Veggies w/Ranch Dipping Sauce, Fruit (V) ¹²</p> <p>2)Buffalo Chicken Salad(GF) over Field Greens, Blue Cheese Crumbles, French Bread, Ranch Dressing, Fruit (V)</p>
<p>1)Chili con Carne 'Frito Pie' w/ Cheese, Shred Lettuce, Fritos, Fruit(GF) ¹⁵</p> <p>2)Cheesy Broccoli Soup(D), Homemade Banana Bread Square, Whole Fruit(V)</p>	<p>1)Sweet & Sour Pork(V-Tofu) w/ Peppers & Pineapple, Rice, Fortune Cookie(P)(GF) ¹⁶</p> <p>2)Plain Bagel w/ Side of Cream Cheese, Hard Boiled Egg, Tomatoes & Cucumbers, Fruit(V)</p>	<p>1)Pesto Penne Pasta w/ Shred Mozzarella Cheese, Cherry Tomato side Salad, Fruit(D)(N)(V) ¹⁷</p> <p>2)'Broken' Taco Salad w/ Beef, Beans, Cheese, Salsa Dressing, Broken Taco Shells, Fruit (GF)</p>	<p style="text-align: center;">No School</p> <p style="text-align: right;">¹⁸</p>	<p style="text-align: center;">Good Friday No School</p> <p style="text-align: right;">¹⁹</p>
<p>1)Hamburger (Garden Burger(V)by request), Lettuce, Tomato, French Fries, Fruit(GF) ²²</p> <p>2)Bow-tie Noodle Pasta Salad w/ Parmesan cheese, White Beans, Steamed Broccoli, Fruit(V)</p>	<p>1)Cheese Quesadilla w/ Salsa Dip, Red Bell Pepper Slices, Whole Pinto Beans, Fruit (V) ²³</p> <p>2)Chicken Noodle Soup, Homemade Banana Bread Square, Whole Fruit</p>	<p>1)Spaghetti w/ Meat Sauce or (Marinara(V) by request), Steamed Broccoli, Fruit ²⁴</p> <p>2)Broccoli & Cheddar Quiche, Green Salad w/ Veggies,Fruit (V)</p>	<p>1)Teriyaki Chicken or (Tofu(V) by request) w/ Rice, Snap Peas, Fruit, Fortune Cookie(GF) ²⁵</p> <p>2)Fruit/Yogurt Smoothie, Tortilla, Carrot & Celery Sticks w/ Sunflower Nut Butter Dip(V)(GF)</p>	<p>1)Cheese Pizza, Various Veggies w/Ranch Dipping Sauce, Fruit (V) ²⁶</p> <p>2)Turkey Waldorf Salad w/ Apples & Cranberries over Field Greens, Toasted Walnuts, Crackers, Fruit(GF)(N)</p>
<p>1)Beef Tacos (Bean(V) on request) w/ Cheese, Lettuce, Sweet Corn, Salsa, Fruit(GF) ²⁹</p> <p>2)Vanilla Yogurt, Homemade Granola(N), Turkey Sausage, Fruit Salad</p>	<p>1)Fettuccine Alfredo w/ Roast. Chicken, Steamed Broccoli, Fruit(D) ³⁰</p> <p>2)Tomato Vegetable Soup w/ Alphabet Noodles, Cheese Toast, Fruit (V)</p>			