

April 2019 Calais Elementary Home of the Calais Cougars

Student lunch \$3.75; Student breakfast \$2.75; Adult lunch \$4.75; Adult breakfast \$3.75; Milk or Juice \$0.50.

All meals include 1% White Milk or Fat-Free Chocolate Milk.

Please Note: (WW, WG) 100% Whole Wheat or Whole Grain, (HM) Homemade.

Menu subject to change without notice due to product availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
04/01/2019 Pasta, WW Meat Sauce, HM or Tomato Sauce, HM Garlic Beard, W, HM Broccoli Choice of Fruits	04/02/2019 Roast Turkey Mashed Potato, HM Green Beans Cranberry Sauce Choice of Fruits	04/03/2019 National Hebrew Beef Hot Dogs on WW, Bun Baked Beans, HM Sweet Potato Fries Choice of Fruits	04/04/2019 Pancakes, WW Scrambled Eggs VT Maple Syrup Potato Patty Choice of Fruits	04/05/2019 Sloppy Joes on WW Bun Broccoli Salad Corn Choice of Fruits
04/08/2019 Baked Potato Bar Assorted Toppings Green Salad, HM Choice of Fruits	04/09/2019 Mac & Cheese, WW, HM Garlic Bread, WW, HM Green Beans Choice of Fruits	04/10/2019 Curry Chicken Naan Bread Basmati Rice Green Beans Choice of Fruits	04/11/2019 Tacos Meat and Refried Beans Lettuce, Tomatoes, Peppers, Onions, Salsa, Cabot Sour Cream Cabot Cheddar Cheese Choice of Fruits	04/12/2019 Hamburger/Cheeseburger Veggie Burger on WW Bun Corn Sweet Potato Fries Choice of Fruits
04/15/2019	04/16/2019	04/17/2019	04/18/2019	04/19/2019
April	Break	No School	No School	No School
04/22/2019 Fish & Chips Breaded Fish Filet French Fries Cole Slaw, HM Choice of Fruit	04/23/2019 Pepperoni OR Cheese, WW, HM Green Salad, HM w/ Garbanzo Beans Choice of Fruits	04/24/2019 Grilled Ham & Cheese, WW Tomato Soup Green Beans Choice of Fruits	04/25/2019 Chicken Nuggets French Fries Pasta Salad, HM Choice of Fruits	04/26/2019 Meatball Subs on WW Roll w/ Cheese Corn Choice of Fruits

04/29/2019	04/30/2019	05/01/2019	05/02/2019	05/03/2019
French Toast Sticks, WW Scrambled Eggs VT Maple Syrup Potato Patty Choice of Fruits	Chicken Parmesan, HM Buttered Noodles Green Salad, HM Choice of Fruits	Turkey Wraps, WW w/ Cheddar Cheese, Red & Yellow Peppers Sun Chips Choice of Fruits	Pasta, WW Meat Sauce, HM or Tomato Sauce, HM Broccoli Garlic Beard, W, HM Choice of Fruits	Chicken Salad Sandwich, WW Veggie Sticks Hummus, HM Sun Chips Choice of Fruits

GRAB AND GO BREAKFAST! (Great as a mid-morning snack, too!) \$2.75 Includes: Choice of whole grain muffin, cheese stick, yogurt, milk, orange juice and choice of fruits.

Maple Syrup supplied by Lamb Sugar Works, Jack Hill Calais, VT

Please maintain a positive balance in your child's food service account. We act on a debit system and your child's account will be deducted for each meal and lunch milk. You will receive periodic statements showing the balance of your children's lunch accounts. Positive balances will be reported on white paper and negative balance reports will be sent home on pink paper. These pink sheets are NOT bills; they are over-draw notices. If you receive one of these statements, **please make a deposit into your child's account that will cover the over-draw as well as upcoming meals.** If you have questions about the system or the status of an account, please contact Carolyn Beauregard at 454-7777 ext. 306 or cbeauregard@u32.org.