

April 2021

Roland-Story High School

LUNCH



This institution is an equal opportunity provider.



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



Milk offered daily:
White, Chocolate, and
Strawberry Skim Milk
White 1% Milk

Corndog
Capri Vegetables
Mixed Fruit
Milk

1

Cod Nuggets
Green Beans
Applesauce
Milk

2

Pork Rib on a Bun
Mixed Fruit
Green Beans
Milk

5

Walking Tacos
Corn
Mandarin Oranges
Milk

6

Hot Dog
Peas
Peaches
Milk

7

Shredded BBQ Chicken
Sandwich
Baked Beans
Mixed Fruit
Milk

8

Spaghetti W/Meat Sauce
Breadstick
Green Beans
Applesauce
Milk

9

Pepperoni Pizza
Mixed Vegetables
Pears
Milk

12

Beef and Bean Burrito
Baby Carrots
Pineapple
Milk

13

Orange Chicken
Fried Rice
Eggroll
Apple Slices
Milk

14

Meatballs
Mashed Potatoes W/Gravy
Mixed fruit
Milk

15

Breaded Pork Patty
Sandwich
Corn
Pears
Milk

16

Hot Ham & Cheese
Sandwich
Green Beans
Mandarin Oranges
Milk

19

Crispito
Chips W/Cheese
Corn
Pears
Milk

20

Turkey and Bacon Pita
Baby Carrots
Peaches
Milk

21

Beef Burgers
Fries
Mixed Fruit
Milk

22

Sausage Pizza
Romaine Salad
Pineapple
Milk

23

Popcorn Chicken
Broccoli Normandy
Mixed Fruit
Milk

26

Taco Quesadilla
Green Beans
Blueberries
Milk

27

Turkey Italian Combo Sub
Sun Chips
Applesauce
Milk

28

Beef Stew
Cinnamon Roll
Pears
Milk

29

Hamburger
Baked Beans
Peaches
Milk

30