

Menu Name : North Metro Flex Academy Grades K-8 Lunch Menu

Grade Level / Age Group : K-8 Grades

Meal Pattern : NSLP

Meal: Lunch

April - 2024

	Monday, April 1, 2024	Tuesday, April 2, 2024	Wednesday, April 3, 2024	Thursday, April 4, 2024	Friday, April 5, 2024	
Hot Meal	Cheesebuger	Stack & Chomp Waffles w/ Syrup	Corn Dog	Hearty Tinga Wrap	Fresh Hot Delivered Pizza	Week IV
	Bakery Bun & Ketchup	Stack your mini Belgium Waffles on top of each other for a delicious chomp	WG Chicken Corn Dog served w/ Ketchup	WG Tortilla, Chicken Tinga & Shred Chz	Mixed Greens Salad & Dressing	
	Steamed Corn	Fruited Yogurt Cup	CKC Baked Beans & Carrot Slims	Coleslaw - <i>Dare you to try in your Tinga wrap :)</i>	Crisp Varietal Apple	
	Cinnamon Apple Slices	Carrot Slims & Dip	Banana	Sliced Cucumbers	Choice Milk	
	Choice Milk	Chilled Pears & Choice Milk	Vanilla Wafers & Choice Milk	Fresh Orange & Choice Milk		
Hot Meal	Crunchy Tender Roll-up	Sweet & Sour Chicken	Walking Taco	Teriyaki Drumstick	Fresh Hot Delivered Pizza	Week V
	WG Tortilla, Chix Tenders, Boom Sauce	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	WG Bakery Roll	Broccoli Florets & Dip	
	Shred Lettuce & Steamed Corn	Baby Carrots & Dip	w/ Shred Chz	Sliced Cucumbers & Dip	Crisp Varietal Apple	
	Cinnamon Apples	Chilled Pears	Cheesy Refried Beans	Fresh Orange	Choice Milk	
	Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk		
Hot Meal	Premium Chicken Nuggets w/ Ketchup	Hot Italian Sub	Fritos Enchilada Nachos	Authentic Chicken Tamale	Fresh Hot Delivered Pizza	Week VI
	WG Roll	'All Beef' Marinara Meatballs & Shred Cheese served on WG Bun	Top your Fritos corn chips with Delicious Enchilada chicken, Shred Chees, Lettuce & Boom Sauce	Authentic, soft, moist Chicken & Green Sauce Tamale	Crisp Broccoli & Dip	
	Carrot Slims & Dip	Steamed Green Beans		Boom Sauce	Crisp Varietal Apple	
	Cinnamon Apples	Chilled Pears	Cheesy Refried Beans	Steamed Corn	Choice Milk	
	Choice Milk	Choice Milk	Banana & Choice Milk	Fresh Orange & Choice Milk		
Hot Meal	Asian Chicken Pot Stickers	CKC Sticky Drumstick	All Beef Hot Dog	Golden Chicken Patty Sandwich	Fresh Hot Delivered Pizza	Week I
	Teriyaki Dipping Sauce	Baby Carrots	WG Bun, Ketchup	WG Bun & Ketchup	Mixed Greens & Dressing	
	Celery Sticks	Chilled Pears	CKC Baked Beans & Carrot Slims	Steamed Corn	Crisp Varietal Apple	
	Cinnamon Apples	Choice Milk	Banana	Fresh Orange	Choice Milk	
	Choice Milk	Wafers	Choice Milk	Choice Milk		
Hot Meal	Cool Ranch Crunch Burger..(yep, we will send ketchup)	Brunch Lunch				Week II
	Top your Burger with Cool Ranch Chips	French Toast Sticks & Syrup				
	CKC Baked Beans & Carrot Slims	Celery Sticks				
	Cinnamon Apples	Chilled Pears				
	Choice Milk	Choice Milk				

Skim & 1% milk served daily.

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

The menus are 100% pork-free.

All rice dishes /rice products are made of whole grain brown rice.

May 2024 Menu (Subject to Change)

		Wednesday, May 1, 2024	Thursday, May 2, 2024	Friday, May 3, 2024				
Hot Meal		Soft Tortilla Taco	Mandarin Orange Chicken	Fresh Hot Delivered Pizza	Week II			
		Seasoned Beef, Cheese & Crema	Steamed Brown Rice	Baby Carrots & Dip				
		Steamed Corn, Shredded Lettuce	Garden Greens Salad & Homemade Dressing	Crisp Varietal Apple				
		Banana	Fresh Orange	Choice Milk				
	Choice Milk	Choice Milk						
		Monday, May 6, 2024	Tuesday, May 7, 2024	Wednesday, May 8, 2024	Thursday, May 9, 2024	Friday, May 10, 2024		
Hot Meal		Chicken Tenders & Ketchup	Bean & Cheese Pupusa	Southern Drumstick	Tots & Beef Crunch	Fresh Hot Delivered Pizza	Week III	
		Baby Carrots & Dip	Boom Sauce	Mildly Seasoned Chicken Drumstick	Seasoned Beef & Smashed Tater Tots served on Tostitos	Garden Greens Salad & Dressing		
		Cinnamon Apple Slices	Steamed Corn	WG Dinner Roll	Crema	Crisp Varietal Apple		
		Choice Milk	Chilled Pears	Fresh Sliced Cucumbers & Banana	Lemony Pinto Beans & Carrot Slims	Choice Milk		
		Berry Crackers	Choice Milk	Grahams & Choice Milk	Fresh Orange & Choice Milk			