

Vanguard Menu

Monday, April 1	Tuesday, April 2	Wednesday, April 3	Thursday, April 4	Friday, April 5
<p>1. Mac & Cheese 26.5g Cowboy Bread 28.9g Peas 12.4g 2. Pretzel 30g w/ cheese sauce 1g Pears 18.9g</p>	<p>1. Cici's Pizza see list 2. Walking Nachos -see list Pineapple 16.6g</p>	<p>1. Roasted Chicken Wings 1.7g , Roll 25.5g 2. Cheese Quesadilla 32g, Salsa 3g, Pears 18.9g</p>	<p>1. Cici's Pizza see list 2. Beef Fingers 19.3g Mashed Potatoes 18.2g gravy 5.9g WW Roll 25.5g Salad 1.8g Mandarin Oranges 20.1g</p>	<p>Virtual Day</p>
Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
<p>No School</p>	<p>1. Cici's Pizza see list 2. Walking Nachos -see list Peaches 18.1g</p>	<p>1. Pretzel 30g w/ cheese sauce 1g, 2. Hamburger 28g or Cheeseburger 29g Waffle fries 22.5g Mandarin oranges 20.1g</p>	<p>1. Chicken Chunk 15g , Roll 25.5g Wedges 15.2g 2. Cici's Pizza see list Pineapple 16.6g</p>	<p>1. Chicken Fried Steak Sandwich 42g 2. Stuffed cheese stick 24g, marinara 6.5g Fresh fruit</p>
Monday, April 15	Tuesday, April 16	Wednesday, April 17	Thursday, April 18	Friday, April 19
<p>1. Cheese quesadilla 32g 2. Birria Tacos 30.7g Black bean and corn salsa 29g Pineapple 16.6g</p>	<p>1. Cici's Pizza see list 2. Walking Nachos -see list Peaches 18.1g</p>	<p>1. Pretzel 30g w/ cheese sauce 1g 2. Taco Fries 30.2g, blueberry Square 30.4g Fresh veg Strawberries 13.4g</p>	<p>1.Cici's Pizza see list 2. Hot dog 62g Deli potatoes 24.7g Fresh Veg Fresh Fruit</p>	<p>1.Chef Choice 2. Chicken & Cheese Quesadilla 32g Salad 1.2g</p>
Monday, April 22	Tuesday, April 23	Wednesday, April 24	Thursday, April 25	Friday, April 26
<p>1. Pretzel 30g w/ cheese sauce 1g Pears 18.9g 2. Honey Sriracha chicken 35.4g, Midori Vegetables 9.3g, Brown Rice 35g Pears 18.9g</p>	<p>1. Cici's Pizza see list 2. Walking Nachos -see list Pineapple 16.6g</p>	<p>1. Cheese quesadilla 32g 2. Drumsticks 5.8g Mashed potatoes 18.2g Brown gravy 3.3g Banana Bread 31.6g Carrots 8.8g Pears 18.9g</p>	<p>1.Cici's Pizza see list 2. Chef's Choice Side salad 1.9g, Mandarin oranges 20.1g</p>	<p>1. BBQ Cheeseburger 13.2g Waffle fries 22.5g Baked beans 36.2g 2. Stuffed cheese stick 24g, marinara 6.5g Salad Fresh fruit</p>
Monday, April 29 th	Tuesday, April 30	Wednesday, May 1	Thursday, May 2	Friday, May 3
<p>1. Teriyaki Chicken 20.1g brown rice 35g Stir Fry vegetables 5.3g 2. Pretzel 30g w/ cheese sauce 1g Pineapple 16.6g</p>	<p>1. Cici's Pizza see list 2. Walking Nachos -see list Applesauce 11.5g</p>	<p>1. Pretzel Burger 30g Potato wedges 7.5g 2. Pretzel 30g w/ cheese sauce 1g Pears 18.9g</p>	<p>1.Cici's Pizza see list 2. Chef Choice, side salad 1.8g Mandarin oranges 20.1g</p>	

This institution is an equal opportunity provider and employer

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Daily Meals

- A variety of seasonal fruits and veggies are served daily. Apples, salad, baby carrots, and broccoli are offered most days.
- Students must choose 3 food groups, one being fruit or veggie to qualify for reimbursable meals per federal guidelines.
- Carb Counts are listed in [blue](#).
- Menus are subject to change without notice due to item availability and utilization at each school site.