

**Common Ground High School**  
**002 - COMMON GROUND HS**  
**LUNCH APRIL 2017**

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 3 FISH STICKS BEANIE BURGERS SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO TORTILLA CHIPS* TARTAR SAUCE SALSA	Apr - 4 CHEESEBURGER VEGGIE BURGER W/BUN *CHIPS, BAKED LAYS SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	Apr - 5 SAUSAGE AND PEPPER SUB* *GRILLED CHEESE SANDWICH* *CHIPS, BAKED LAYS SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* ROASTED TOMATO SOUP	Apr - 6 *BBQ ROASTED CHICKEN* MASHED POTATOES* *CORN SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	Apr - 7 MAC & CHEESE CIABATTA BREADSTIX SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO
Apr - 10 POT LUCK SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	Apr - 11 BAKED CAJUN FISH SPANISH RICE QUINOA STUFFED PEPPERS *CIABATTA ROLLS SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	Apr - 12 *STEAK & CHEESE WRAPS *HUMMUS WRAP* SALAD, TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	Apr - 13 NO LUNCH	Apr - 14 GOOD FRIDAY
Apr - 17 NO SCHOOL	Apr - 18 NO SCHOOL	Apr - 19 NO SCHOOL	Apr - 20 NO SCHOOL	Apr - 21 NO SCHOOL

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Apr - 24 TUNA SALAD SANDWICH 2* EGG SALAD SANDWICH *CHIPS,BAKED LAYS SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	Apr - 25 VEGGIE EGG WHITE FRITATTA* GRITS WITH CHEESE OATMEAL *CIABATTA ROLLS SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	Apr - 26 CHEESEBURGER *GARDENBURGER/CLASSIC* *FRENCH FRIES SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	Apr - 27 BUFFALO CHICKEN TENDERS TACO SHELL LENTIL BURGERS SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO	Apr - 28 RAINBOW RICE VEGETABLE "FRIED" RICE* SALAD,TOSSED SALAD DRESSING MIXED GARDEN VEGGIES *ASSORTED FRUIT* MILK 1 % WHITE* MILK, FAT FREE* LACTAID* *SOUP VEGGIE GUMBO

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