

## SIGONELLA ELEMENTARY LUNCH

### MONDAY 1

No School

### MONDAY 8

- (1) Chicken Tenders w/ Breadstick OR
- (2) Lasagna w/ Breadstick
- Variety of Fruits**
- Seasoned Roasted Broccoli
- Honey Glazed Carrots
- Choice of Milk

### MONDAY 15

- (1) Teriyaki Chicken w/ Fried Rice OR
- (2) Spaghetti w/ Meat sauce
- Variety of Fruits**
- Seasoned Roasted Broccoli
- Honey Glazed Carrots
- Choice of Milk

### MONDAY 22

- (1) Chicken Tenders w/ Breadstick OR
- (2) Lasagna w/ Breadstick
- Variety of Fruits**
- Seasoned Roasted Broccoli
- Honey Glazed Carrots
- Choice of Milk

### MONDAY 29

- (1) Teriyaki Chicken w/ Fried Rice OR
- (2) Spaghetti w/ Meat sauce
- Variety of Fruits**
- Seasoned Roasted Broccoli
- Honey Glazed Carrots
- Choice of Milk

### TUESDAY 2

- (1) Chicken + Waffles OR
- (2) Fruit & Yogurt Parfait
- Variety of Fruits**
- Oven Baked Tater Tots
- Baby Carrots w/ Ranch
- Choice of Milk

### TUESDAY 9

- (1) Breakfast for Lunch OR
- (2) Ham and Cheese Croissant
- Variety of Fruits**
- Oven Baked Tater Tots
- Baby Carrots w/ Ranch
- Choice of Milk

### TUESDAY 16

- (1) Chicken + Waffles OR
- (2) Fruit & Yogurt Parfait
- Variety of Fruits**
- Oven Baked Tater Tots
- Baby Carrots w/ Ranch
- Choice of Milk

### TUESDAY 23

- (1) Breakfast for Lunch OR
- (2) Ham and Cheese Croissant
- Variety of Fruits**
- Oven Baked Tater Tots
- Baby Carrots w/ Ranch
- Choice of Milk

### TUESDAY 30

- (1) Chicken + Waffles OR
- (2) Fruit & Yogurt Parfait
- Variety of Fruits**
- Oven Baked Tater Tots
- Baby Carrots w/ Ranch
- Choice of Milk

### WEDNESDAY 3

- (1) Tacos w/ Spanish Rice OR
- (2) Cheese Quesadilla w/ Spanish Rice
- Variety of Fruits**
- Pinto Beans
- Taco Trimmings
- Choice of Milk

### WEDNESDAY 10

- (1) Chicken Burrito Rice Bowl OR
- (2) Nachos Supreme
- Variety of Fruits**
- Pinto Beans
- Taco Trimmings
- Choice of Milk

### WEDNESDAY 17

- (1) Tacos w/ Spanish Rice OR
- (2) Cheese Quesadilla w/ Spanish Rice
- Variety of Fruits**
- Pinto Beans
- Taco Trimmings
- Choice of Milk

### WEDNESDAY 24

- (1) Chicken Burrito Rice Bowl OR
- (2) Nachos Supreme
- Variety of Fruits**
- Pinto Beans
- Taco Trimmings
- Choice of Milk

### THURSDAY 4

- (1) BBQ Chicken w/ Corn Muffin OR
- (2) Turkey & Cheese Deli Sandwich
- Variety of Fruits**
- Seasoned Green Beans
- Sliced Cucumbers w/ Ranch
- Choice of Milk

### THURSDAY 11

- (1) Hotdog OR
- (2) Grilled Cheese
- Variety of Fruits**
- Seasoned Green Beans
- Sliced Cucumbers w/ Ranch
- Choice of Milk

### THURSDAY 18

- (1) BBQ Chicken w/ Corn Muffin OR
- (2) Turkey & Cheese Deli Sandwich
- Variety of Fruits**
- Seasoned Green Beans
- Sliced Cucumbers w/ Ranch
- Choice of Milk

### THURSDAY 25

- (1) Pasta w/ Peas
- (2) Chicken Cutlets w/ Breadstick
- Variety of Fruits**
- Baked Asparagus
- Champignon Mushrooms
- Apricot Tart
- Choice of Milk

### FRIDAY 5

- (1) Pizza OR
- (2) Hamburger or Cheeseburger
- Variety of Fruits**
- Romaine Side Salad
- Crinkle Cut Fries
- Choice of Milk

### FRIDAY 12

- (1) Macaroni + Cheese OR
- (2) Italian Meatball Sub
- Variety of Fruits**
- Romaine Side Salad
- Crinkle Cut Fries
- Choice of Milk

### FRIDAY 19

- (1) Pizza OR
- (2) Hamburger or Cheeseburger
- Variety of Fruits**
- Romaine Side Salad
- Crinkle Cut Fries
- Choice of Milk

### FRIDAY 26

- (1) Macaroni + Cheese OR
- (2) Italian Meatball Sub
- Variety of Fruits**
- Romaine Side Salad
- Crinkle Cut Fries
- Choice of Milk

#### 2023-2024 Meal Prices

Grades K-5:	\$3.50
Grades 6-12:	\$3.75
Reduced (all grades):	\$0.40
Sure Start:	Free

\*Menu subject to change based on availability\*



#### MAKE A COMPLETE MEAL:

Entrees: Choose One

\*Fruit: Choose One OR Two

\*Vegetables: Choose One OR Two

Milk: Choose One

\*Must Choose a Fruit OR Vegetable\*

**NOTE:** Students are permitted **one complete meal**. Second meals are available at full price. Students who do not select at least 3 items with one being a fruit or vegetable will be charged full price.

## SIGONELLA MIDDLE/HIGH LUNCH

### MONDAY 1

No School

### MONDAY 8

- (1) Chicken Tenders w/ Breadstick OR
- (2) Lasagna w/ Breadstick
- Variety of Fruits**
- Seasoned Roasted Broccoli
- Honey Glazed Carrots
- Choice of Milk

### MONDAY 15

- (1) Teriyaki Chicken w/ Rice & Breadstick OR
- (2) Spaghetti w/ Meat Sauce & Breadstick
- Variety of Fruits**
- Seasoned Roasted Broccoli
- Honey Glazed Carrots
- Choice of Milk

### MONDAY 22

- (1) Chicken Tenders w/ Breadstick OR
- (2) Lasagna w/ Breadstick
- Variety of Fruits**
- Seasoned Roasted Broccoli
- Honey Glazed Carrots
- Choice of Milk

### MONDAY 29

- (1) Teriyaki Chicken w/ Rice & Breadstick OR
- (2) Spaghetti w/ Meat Sauce & Breadstick
- Variety of Fruits**
- Seasoned Roasted Broccoli
- Honey Glazed Carrots
- Choice of Milk

### TUESDAY 2

- (1) Chicken + Waffles OR
- (2) Fruit & Yogurt Parfait
- Variety of Fruits**
- Oven Baked Tater Tots
- Baby Carrots w/ Ranch
- Choice of Milk

### TUESDAY 9

- (1) Breakfast for Lunch OR
- (2) Ham and Cheese Croissant
- Variety of Fruits**
- Oven Baked Tater Tots
- Baby Carrots w/ Ranch
- Choice of Milk

### TUESDAY 16

- (1) Chicken + Waffles OR
- (2) Fruit & Yogurt Parfait
- Variety of Fruits**
- Oven Baked Tater Tots
- Baby Carrots w/ Ranch
- Choice of Milk

### TUESDAY 23

- (1) Breakfast for Lunch OR
- (2) Ham and Cheese Croissant
- Variety of Fruits**
- Oven Baked Tater Tots
- Baby Carrots w/ Ranch
- Choice of Milk

### TUESDAY 30

- (1) Chicken + Waffles OR
- (2) Fruit & Yogurt Parfait
- Variety of Fruits**
- Oven Baked Tater Tots
- Baby Carrots w/ Ranch
- Choice of Milk

### WEDNESDAY 3

- (1) Tacos w/ Spanish Rice OR
- (2) Cheese Quesadilla w/ Spanish Rice
- Variety of Fruits**
- Pinto Beans
- Taco Trimmings
- Choice of Milk

### WEDNESDAY 10

- (1) Chicken Burrito Rice Bowl OR
- (2) Nachos Supreme
- Variety of Fruits**
- Pinto Beans
- Taco Trimmings
- Choice of Milk

### WEDNESDAY 17

- (1) Tacos w/ Spanish Rice OR
- (2) Cheese Quesadilla w/ Spanish Rice
- Variety of Fruits**
- Pinto Beans
- Taco Trimmings
- Choice of Milk

### WEDNESDAY 24

- (1) Chicken Burrito Rice Bowl OR
- (2) Nachos Supreme
- Variety of Fruits**
- Pinto Beans
- Taco Trimmings
- Choice of Milk

### THURSDAY 4

- (1) BBQ Chicken w/ Corn Muffin OR
- (2) Sloppy Joe
- Variety of Fruits**
- Seasoned Green Beans
- Sliced Cucumbers w/ Ranch
- Choice of Milk

### THURSDAY 11

- (1) Hotdog OR
- (2) Grilled Cheese
- Variety of Fruits**
- Seasoned Green Beans
- Sliced Cucumbers w/ Ranch
- Choice of Milk

### THURSDAY 18

- (1) BBQ Chicken w/ Corn Muffin OR
- (2) Sloppy Joe
- Variety of Fruits**
- Seasoned Green Beans
- Sliced Cucumbers w/ Ranch
- Choice of Milk

### THURSDAY 25

- (1) Pasta w/ Peas
- (2) Chicken Cutlets w/ Breadstick
- Variety of Fruits**
- Baked Asparagus
- Champignon Mushrooms
- Apricot Tart
- Choice of Milk

### FRIDAY 5

- (1) Pizza OR
- (2) Hamburger or Cheeseburger
- Variety of Fruits**
- Romaine Side Salad
- Crinkle Cut Fries
- Choice of Milk

### FRIDAY 12

- (1) Macaroni + Cheese OR
- (2) Italian Meatball Sub
- Variety of Fruits**
- Romaine Side Salad
- Crinkle Cut Fries
- Choice of Milk

### FRIDAY 19

- (1) Pizza OR
- (2) Hamburger or Cheeseburger
- Variety of Fruits**
- Romaine Side Salad
- Crinkle Cut Fries
- Choice of Milk

### FRIDAY 26

- (1) Macaroni + Cheese OR
- (2) Italian Meatball Sub
- Variety of Fruits**
- Romaine Side Salad
- Crinkle Cut Fries
- Choice of Milk

#### 2023-2024 Meal Prices

Grades K-5:	\$3.50
Grades 6-12:	\$3.75
Reduced (all grades):	\$0.40
Sure Start:	Free

\*Menu subject to change based on availability\*



**MAKE A COMPLETE MEAL:**  
 Entrees: Choose One  
 \*Fruit: Choose One OR Two  
 \*Vegetables: Choose One OR Two  
 Milk: Choose One  
 \*Must Choose a Fruit OR Vegetable\*

**NOTE:** Students are permitted **one complete meal**. Second meals are available at full price. Students who do not select at least 3 items with one being a fruit or vegetable will be charged full price.

# APRIL 2024

## SURE START LUNCH

### MONDAY 1

No School

### TUESDAY 2

Fruit & Yogurt Parfait  
**Variety of Fruits**  
 Oven Baked Tater Tots  
 Choice of Milk

### MONDAY 8

Lasagna w/ Breadstick  
**Variety of Fruits**  
 Seasoned Roasted Broccoli  
 Honey Glazed Carrots  
 Choice of Milk

### TUESDAY 9

Ham & Cheese Croissant  
**Variety of Fruits**  
 Oven Baked Tater Tots  
 Choice of Milk

### MONDAY 15

Pasta w/ Meat Sauce  
**Variety of Fruits**  
 Seasoned Roasted Broccoli  
 Honey Glazed Carrots  
 Choice of Milk

### TUESDAY 16

Fruit & Yogurt Parfait  
**Variety of Fruits**  
 Oven Baked Tater Tots  
 Choice of Milk

### MONDAY 22

Lasagna w/ Breadstick  
**Variety of Fruits**  
 Seasoned Roasted Broccoli  
 Honey Glazed Carrots  
 Choice of Milk

### TUESDAY 23

Ham & Cheese Croissant  
**Variety of Fruits**  
 Oven Baked Tater Tots  
 Choice of Milk

### MONDAY 29

Pasta w/ Meat Sauce  
**Variety of Fruits**  
 Seasoned Roasted Broccoli  
 Honey Glazed Carrots  
 Choice of Milk

### TUESDAY 30

Fruit & Yogurt Parfait  
**Variety of Fruits**  
 Oven Baked Tater Tots  
 Choice of Milk

### WEDNESDAY 3

Cheese Quesadilla w/ Spanish Rice  
**Variety of Fruits**  
 Pinto Beans  
 Taco Trimmings  
 Choice of Milk

### WEDNESDAY 10

Nachos Supreme  
**Variety of Fruits**  
 Pinto Beans  
 Taco Trimmings  
 Choice of Milk

### WEDNESDAY 17

Cheese Quesadilla w/ Spanish Rice  
**Variety of Fruits**  
 Pinto Beans  
 Taco Trimmings  
 Choice of Milk

### WEDNESDAY 24

Nachos Supreme  
**Variety of Fruits**  
 Pinto Beans  
 Taco Trimmings  
 Choice of Milk

### THURSDAY 4

Turkey & Cheese Deli Sandwich  
**Variety of Fruits**  
 Seasoned Green Beans  
 Sliced Cucumbers w/ Ranch  
 Choice of Milk

### THURSDAY 11

Grilled Cheese  
**Variety of Fruits**  
 Seasoned Green Beans  
 Sliced Cucumbers w/ Ranch  
 Choice of Milk

### THURSDAY 18

Turkey & Cheese Deli Sandwich  
**Variety of Fruits**  
 Seasoned Green Beans  
 Sliced Cucumbers w/ Ranch  
 Choice of Milk

### THURSDAY 25

Chicken Cutlets w/ Breadstick  
**Variety of Fruits**  
 Baked Asparagus  
 Champignon Mushrooms  
 Apricot Tart  
 Choice of Milk

### FRIDAY 5

Hamburgers  
**Variety of Fruits**  
 Romaine Side Salad  
 Crinkle Cut Fries  
 Choice of Milk

### FRIDAY 12

Macaroni + Cheese  
**Variety of Fruits**  
 Romaine Side Salad  
 Crinkle Cut Fries  
 Choice of Milk

### FRIDAY 19

Hamburgers  
**Variety of Fruits**  
 Romaine Side Salad  
 Crinkle Cut Fries  
 Choice of Milk

### FRIDAY 26

Macaroni + Cheese  
**Variety of Fruits**  
 Romaine Side Salad  
 Crinkle Cut Fries  
 Choice of Milk

#### 2023-2024 Meal Prices

Grades K-5:	\$3.50
Grades 6-12:	\$3.75
Reduced (all grades):	\$0.40
Sure Start:	Free

#### \*Sure Start lunch is served family style\*

#### Family Style Means:

- Children eat in their classrooms
- Everyone eats the same food
- Children Serves themselves

#### Family Style Promotes:

- Physical, social and emotional development
- Decision making skills
- Sharing

# APRIL 2024 BREAKFAST MENU

## MONDAY 1

No School

## TUESDAY 2

- (1) Breakfast Sandwich OR
- (2) Assorted Cereal
- Assorted Fresh Fruits**
- Choice of Milk

## WEDNESDAY 3

- (1) Whole Grain Bagel w/ Cream Cheese OR
- (2) Assorted Cereal
- Assorted Fresh Fruits**
- Choice of Milk

## THURSDAY 4

- (1) Biscuits w/ Jelly OR
- (2) Assorted Cereal
- Assorted Fresh Fruits**
- Choice of Milk

## FRIDAY 5

- (1) Breakfast Burrito (Egg & Cheese) OR
- (2) Assorted Cereal
- Assorted Fresh Fruits**
- Choice of Milk

## MONDAY 8

- (1) Maple French Toast Squares OR
- (2) Assorted Cereal
- Assorted Fresh Fruits**
- Choice of Milk

## TUESDAY 9

- (1) Breakfast Sandwich OR
- (2) Assorted Cereal
- Assorted Fresh Fruits**
- Choice of Milk

## WEDNESDAY 10

- (1) Whole Grain Bagel w/ Cream Cheese OR
- (2) Assorted Cereal
- Assorted Fresh Fruits**
- Choice of Milk

## THURSDAY 11

- (1) Biscuits w/ Jelly OR
- (2) Assorted Cereal
- Assorted Fresh Fruits**
- Choice of Milk

## FRIDAY 12

- (1) Breakfast Burrito (Egg & Cheese) OR
- (2) Assorted Cereal
- Assorted Fresh Fruits**
- Choice of Milk

## MONDAY 15

- (1) Maple French Toast Squares OR
- (2) Assorted Cereal
- Assorted Fresh Fruits**
- Choice of Milk

## TUESDAY 16

- (1) Breakfast Sandwich OR
- (2) Assorted Cereal
- Assorted Fresh Fruits**
- Choice of Milk

## WEDNESDAY 17

- (1) Whole Grain Bagel w/ Cream Cheese OR
- (2) Assorted Cereal
- Assorted Fresh Fruits**
- Choice of Milk

## THURSDAY 18

- (1) Biscuits w/ Jelly OR
- (2) Assorted Cereal
- Assorted Fresh Fruits**
- Choice of Milk

## FRIDAY 19

- (1) Breakfast Burrito (Egg & Cheese) OR
- (2) Assorted Cereal
- Assorted Fresh Fruits**
- Choice of Milk

## MONDAY 22

- (1) Maple French Toast Squares OR
- (2) Assorted Cereal
- Assorted Fresh Fruits**
- Choice of Milk

## TUESDAY 23

- (1) Breakfast Sandwich OR
- (2) Assorted Cereal
- Assorted Fresh Fruits**
- Choice of Milk

## WEDNESDAY 24

- (1) Whole Grain Bagel w/ Cream Cheese OR
- (2) Assorted Cereal
- Assorted Fresh Fruits**
- Choice of Milk

## THURSDAY 25

- (1) Biscuits w/ Jelly OR
- (2) Assorted Cereal
- Assorted Fresh Fruits**
- Choice of Milk

## FRIDAY 26

- (1) Breakfast Burrito (Egg & Cheese) OR
- (2) Assorted Cereal
- Assorted Fresh Fruits**
- Choice of Milk

## MONDAY 29

- (1) Maple French Toast Squares OR
- (2) Assorted Cereal
- Assorted Fresh Fruits**
- Choice of Milk

## TUESDAY 30

- (1) Breakfast Sandwich OR
- (2) Assorted Cereal
- Assorted Fresh Fruits**
- Choice of Milk

### 2023-2024 Meal Prices

Breakfast: \$2.00 (\$0.30 reduced)

#### MAKE A COMPLETE MEAL:

Entrees: Choose One

\*Fruit: Choose One OR Two

\*Milk: Choose One

\*Must Choose a Fruit OR Vegetable\*

**NOTE:** Students are permitted **one complete meal**. Second meals are available at full price. Students who do not select at least 3 items with one being a fruit will be charged full price.

\*Menu subject to change based on availability\*