

# April 2018

## SPENCER VAN-ETTEN CENTRAL SCHOOL

### Monday

2  
IF YOUR FINANCIAL SITUATION CHANGED RECENTLY YOU MAY BE ELIGIBLE FOR FREE OR REDUCED MEALS. CHECK OUR WEB SITE FOR DETAILS. NEED HELP? JERRY CARR, FOOD SEERVICE DIRECTOR 589-.7150, Jecarr@svcsd.org

9  
GREEK STYLE CHICKEN BAKED CHICKEN WITH GARLIC, LEMON FRESH MASHED POTATOS STEAMED GREEN BEANS HOMEMADE OAT BREAD APPLE SAUCE

16  
SEASONED BAKED CHICKEN CREAMED POTATOS STEAMED BROCCOLI HOMEMADE WHEAT BREAD APPLE SAUCE

23  
CHICKEN NOODLE CASSEROLE WHITE MEAT CHICKEN IN A CREAMY WHITE SAUCE WITH BROCCOLI AND CHEESE WHEAT ROLL APPLE SAUCE

30  
CREAMED CHICKEN ALL WHITE MEAT CHICKEN IN A FLAVORFUL CREAM SAUCE SERVED OVER BROWN RICE STEAMED GREEN PEAS WHEAT ROLL APPLE SAUCE

### Tuesday

3  
TACO TUESDAY CRISPY CORN SHELL SERVED WITH SEASONED GROUND BEEF, MEXICAN BEANS, SHREDED LETTUCE, DICED TOMATOS, CHEESE

10  
TACO TUESDAY FLOUR TORTILLIA SEASONED FAJANTI CHICKEN MEAT SHREDED LETTUCE DICED TOMATOS SHREDED CHEESE SOUR CREAM, SALSA

17  
TACO TUESDAY CRISPY CORN SHELL SERVED WITH SEASONED GROUND BEEF, MEXICAN BEANS, SHRED LETTUCE DICED TOMATOS, SHREDED CHEESE, SALSA

24  
MEXICAN TUESDAY CHICKEN BURRITO, FLOUR TORTILLIA ROLLED UP WITH SEASONED CHICKEN MEAT, BEANS, TOPPED W/ SALSA CHEESE SEASONED RICE

### Wednesday

4  
CHICKEN SALAD SUBS DICED WHITE MEAT MIXED WITH CELERY AND SEEDLESS GREEN GRAPES, MAYONNAISE SERVED ON A WHEAT ROLL CRINKLE CUT FRIES

11  
SHEPPARDS PIE SEASONED GROUND BEEF LAYERED WITH MASHED POTATOS AND CORN SERVED CASSEROLE STYLE HOMEMADE OAT BREAD APPLES SAUCE

18  
MOMS MEATLOAF SEASONED GROUND MEAT WITH BREAD CRUMBS, SEASONINGS, EGGS MASHED REAL POTATOS, BUTTER, STEAMED GREEN BEANS

25  
BRUNCH LUNCH SCRAMBLED EGGS FRENCH TOAST HOME FRIES SAUSAGE CINNAMON APPLE SAUCE

### Thursday

5  
BBQ THURSDAY ON THE BONE BBQ CHICKEN IN RED SAUCE MARINATED DILLY GREEN BEANS TRI COLOR PASTA SALAD

12  
BINGHAMTONS FAMOUS CHICKEN SPEEDIES CHICKEN BREAST IN A OIL VINEGAR BASE, GARLIC AND OREGANO SERVED ON A WHEAT ROLL STIR FRY RICE/VEG

19  
SYRACUSE MADE GIANELLI SWEET ITALIAN SAUSAGE PATTY CHOICE OF ONIONS/PEPPERS RED SKIN POTATO SALAD APPLE SAUCE

26  
MARINATED CHICKEN SPEDIES CHICKEN BREAST IN A OIL VINEGAR BASE, GARLIC AND OREGANO SERVED ON WHEAT ROLL TRADITIONAL MACARONI SALAD

### Friday

6  
CHOICE CHEESE PIZZA OR MEAT LOVERS PARSLEY BOILED POTATOS CHEF CHOICE VEGETABLE

13  
CHOICE CHEESE PIZZA OR MEAT LOVERS SWEET POTATOS FRIES FIELD GREEN SALADS ITALIAN DRESSING CANNED PEACHES IN EXTRA LITE SYRUP

20  
CHOICE CHEESE PIZZA OR MEAT LOVERS VEGETABLE FRIED BROWN RICE SEASONAL FRUIT CHOICE

27  
GRILLED CHEESE CAMPBELLS TOMATO SOUP STIR FRIED BROWN RICE AND VEGETABLES SEASONAL FRUIT CHOICE

### A La Carte

P&B JELLY SANDWICH  
FRESH SIDE SALADS  
VARIETY CONDIMENTS  
FRESH FRUIT CHOICES  
CANNED FRUIT IN EXTRA LITE SYRUP ONLY  
100% WHOLE GRAIN ENRICHED BREAD AND ROLLS SERVED  
100% ONLY FRUIT JUICE (TUE/THUR ELEM/MIDDLE EVERYDAY AT HIGH SCH SKIM & FAT FREE CHOC SALAD BAR EVERY DAY AT HIGH SCHOOL

PRICING:  
BREAKFAST \$ 1.25  
LUNCH ELEM \$ 2.30  
MS/HS \$ 2.55  
REDUCED \$ .25  
ADULTS \$ 4.25

### School News

BREAKFAST MENU:  
MON: COLD CEREAL  
TUE : BRKFST ON STICK  
WED : FRENCH TST/SAUSAGE  
THU : BREAKFAST SANDWICH  
FRI : YOGURT PARFAITS W/GRANOLA &FRUIT

AVAILABLE EVERY MORNING IN ADDITION TO OUR MENU OFFERINGS:  
ASSORT CEREALS, GRANOLA BARS, POP TARTS, BREAKFAST BARS, GRAHAM CRACKERS,.

### Did You Know...

The Romans called this month Aprilis which may derive from the verb aperire meaning "to open", referring to flowers and fruits opening.