

APRIL 2026						
TASTY		HEALTHY		FUN	VARIETY	BALANCED
Name of the menu : FIT Academy Grades K-7 Lunch Menu				Options : Hot,Cold Meals & Deli salads		
Grade : K-8 Grades				Meal Pattern : NSLP		
		Wednesday, 4/1/2026		Thursday, 4/2/2026	Friday, 4/3/2026	
Week VI	HOT MEAL	Walking Taco Nacho Doritos, Seasoned Beef Taco Fill with Shred Lettuce, Shred Cheddar Cheese & Mild Salsa Cheesy Refried Beans Banana & Choice Milk		Chicken Tender Shack Chicken Tenders, WG Bun & Coleslaw Enjoy as a sandwich or savor the tenders solo with the ketchup(served with the meal) Sliced Cucumbers w/ Dip Fresh Mango Chunks & Choice Milk	Mini Cheese Pizza Triangles Greens Salad & Dressing Fresh Cut Apple Wedges Choice Milk	
	COLD	Chicken Club Hoagie		Green Chicken Wrap	Honey Mustard Chix Pasta	
		Monday, 4/6/2026	Tuesday, 4/7/2026	Wednesday, 4/8/2026	Thursday, 4/9/2026	Friday, 4/10/2026
Week I	HOT MEAL	Premium Chicken Patty Sandwich WG Bun & Ketchup CKC Baked Beans Carrot Slims Fruit Cup & Choice Milk	Chicken Hash Shredded Chicken & Hashbrowns Bake Top with Sour Cream & Shred Cheddar Corn Muffin Baby Carrots, Fresh Orange & Choice Milk	All Beef Hot Dog WG Hot Dog Bun & Ketchup Steamed Corn & Cucumbers Banana & Choice Milk Yahoo! Special Chips Day! Baked Cheetos	Asian Chicken Noodle Bowl Sesame Chicken on Mongolian Noodles Crisp Broccoli w/ Dip Fresh Mango Chunks Choice Milk	Pizza Crunchers Sliced Cucumbers w/ Dip Fresh Cut Apple Wedges Choice Milk
	COLD	Turkey & Cheese on WW Bread w/ Mayo	Citrus Chicken Bun	Turkey & Cheese on Bagel	Chicken Salad Bun	Egg Salad on WW Bread
		Monday, 4/13/2026	Tuesday, 4/14/2026	Wednesday, 4/15/2026	Thursday, 4/16/2026	Friday, 4/17/2026
Week II	HOT MEAL	Twin Faues Day Chicken Nuggets w/ Ketchup Mac & Cheese Celery & Carrots Fruit Cup & Choice Milk	Beef Pretzel Dog Served with Ketchup Steamed Corn Fresh Orange & Choice Milk Hooray! Special Chips Day! Cool Ranch Doritos	Pop-Chicken & Cheesy Hashbrowns Popcorn Chicken w/ Ketchup Creamy Cheesy Hashbrowns Sliced Cucumbers & WG Roll Banana & Choice Milk	Beef Taco Seasoned Beef Taco, WG Tortilla Fill the taco with Shred Lettuce, Shred Cheddar Cheese & Mild Salsa Cheesy Refried Beans Fresh Mango Chunks & Choice Milk	Cheesy Lasagna Paired with Chopped Italian Salad (Romaine, Shred Carrots & Grape Tomatoes with Italian Dressing) Fresh Cut Apple Wedges Choice Milk
	COLD	Grilled Chicken & Cheese Bun	Deli Turkey on WW Bread w/ Mayo	Banh Mi Chicken on Flatbread	Turkey & Chz on Hoagie w/ Mayo	Chicken Caesar Wrap
		Monday, 4/20/2026	Tuesday, 4/21/2026	Wednesday, 4/22/2026	Thursday, 4/23/2026	Friday, 4/24/2026
Week III	HOT MEAL	Roasted Chicken Drumstick Mashed Potatoes Celery Sticks WG Dinner Roll Fruit Cup & Choice Milk	Brunch Lunch French Toast Sticks w/ Syrup Soft Sweet Potato Sticks Baby Carrots w/ Dip Fresh Orange & Choice Milk	Hot Italian Beef Meatball Sub Marinara Meatballs, WG Sub, Mozzarella Cheese (Served Separately) CKC Baked Beans & Cucumbers Banana Choice Milk	Sweet & Sour Chicken Steamed Rice Crisp Broccoli, Carrot Slims & Dip Fresh Mango Chunks Choice Milk	Cheese Quesadilla Salad Greens & Dressing Fresh Cut Apple Wedges Choice Milk Yahoo! Special Chips Day! Nacho Cheese Doritos
	COLD	Pesto & Provolone Chicken Bun	Turkey Bun w/ Mayo	Citrus Chicken Bun	Green Chicken Wrap	Honey Mustard Chix Pasta
		Monday, 4/27/2026	Tuesday, 4/28/2026	Wednesday, 4/29/2026	Thursday, 4/30/2026	
Week IV	HOT MEAL	Crispy Chicken Tenders Ketchup Carrot Slims & Dip Fruit Cup WG Roll & Choice Milk	Cheeseburger Bun, Chz Slice & Ketchup Potato Smiles Fresh Orange Choice Milk	Creamy Mac & Cheese Sliced Cucumbers & Dip Banana Choice Milk Woohoo! Special Treat Day! Confetti Cookie	Pulled Chicken Taco Seasoned Pulled Chicken Taco served with WG Tortilla, Shred Lettuce, Shred Cheddar Cheese & Crema Seasoned Black Beans Fresh Mango Chunks & Choice Milk	
	COLD	Turkey & Cheese on WW Bread w/ Mayo	Grilled Chicken & Cheese Bun	Turkey & Cheese on Bagel	Chicken Club Hoagie	
Hot meals and Cold meals are served with vegetables, fruit of the day & milk.						
DELI SALADS	Grilled Chicken Caesar Salad	Grilled Asian Chicken Salad	Grilled Chicken SW Taco Salad	Classic Turkey & Egg Chef Salad	Quinoa Powerbowl Chicken Salad	
	(Veg Option) Caesar Salad w/ Egg	(Veg Option) Asian Salad w/ Egg	(Veg Option) SW Taco Salad w/ Egg	(Veg Option) Classic Chef Salad w/ Egg	(Veg Option) Quinoa Powerbowl Salad w/ Egg	
Deli Salad choices offered everyday. Both Regular & Vegetarian options are available. Vegetarian choices come with egg or cheese in the place of meat. All deli salads come with fruit and milk)						
Assorted Fluid Milk / Fluid Milk Substitute Choices offered.					This menu is 100% pork-free.	
This menu uses WG products and 100% full-strength juices in all featured places. Check page 2 to know more about what goes into our menus and to take a peek of upcoming menu plan.						



WHAT GOES INTO OUR MENUS?

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

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

All juices listed in the menu are 100% full-strength fruit Juice.

(Menu Subject to Change)

MAY 2026

		TASTY	HEALTHY	FUN	VARIETY	BALANCED	
Week IV	HOT MEAL						Friday, 5/1/2026 'Max Cheez' Breadsticks Seasoned Warm Red Sauce Caesar Salad (Romaine, Croutons, Cheese & Caesar Dressing) Fresh Cut Apple Wedges Choice Milk
	COLD						Egg Salad on WW Bread
		Monday, 5/4/2026	Tuesday, 5/5/2026	Wednesday, 5/6/2026	Thursday, 5/7/2026	Friday, 5/8/2026	
Week V	HOT MEAL	Mandarin Orange Chicken Veggie Fried Rice Celery Sticks, Carrots & Dip Fruit Cup Choice Milk	Premium Chicken Nuggets Ketchup Mashed Potatoes & Carrots WG Roll Fresh Orange & Choice Milk	Penne Pasta w/ Spaghetti Meatballs Marinara Meatballs served with WG Buttered Penne Top with Shred Mozzarella (Served on side) Salad Greens & Dressing Banana & Choice Milk	Premium Corn Dog WG Chicken Corn Dog Served with Ketchup CKC Baked Beans & Cucumbers Fresh Mango Chunks & Choice Milk Hooray! Special Chips Day! Cool Ranch Doritos	French Bread Crisp Broccoli & Dip Fresh Cut Apple Wedges Choice Milk	
	COLD	Pesto & Provolone Chicken Bun	Deli Turkey on WW Bread w/ Mayo	Banh Mi Chicken on Flatbread	Turkey & Chz on Hoagie w/ Mayo	Chicken Caesar Wrap	
		Monday, 5/11/2026	Tuesday, 5/12/2026				
Week VI	HOT MEAL	Classic Hamburger WG Bun , Pickles & Ketchup Baby Carrots & Dip Fruit Cup & Choice Milk Woohoo! Special Treat Day! Brownie Chocolate Chip Cookie	Fun Brunch Chicken Pancake Bites w/ Syrup Potato Stix w/ Ketchup Celery Sticks Fresh Orange & Choice Milk				
	COLD	Grilled Chicken & Cheese Bun	Turkey Bun w/ Mayo				