



Elementary Campuses Republic R-III School District

This institution is an equal opportunity provider. Menus are subject to change.

Wednesday, April 4

Breakfast

**Oatmeal & Cin. Toast
Cereal & Cin. Toast**
Banana, Dried Fruit, Juice
Milk

Lunch

**Cheeseburger
Pork Fritter Sandwich
PBJ & Yogurt**
Side Salad, Baked Beans
Baked Fries
Cucumber Coins/Grape Tomatoes
Mixed Fruit, 100% Juice, Milk

Thursday, April 5

Breakfast

**Biscuit & Gravy w/
Sausage Patty
Cereal & Toast**
Mandarin Oranges, Juice, Milk

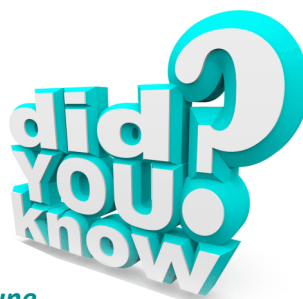
Lunch

**Chicken Nuggets
Salisbury Steak/Roll
Yogurt/Muffin/Cheese**
Side Salad, Green Beans
Mashed P. & Brown Gravy
Pears, 100% Juice, Milk
Bonus: Fruit Crisp

Breakfast
and lunch

is available at
no cost to
children 18 and
under during
summer school
May 29th thru June

22nd. Times and locations will be
announced as details are finalized.
Make plans to join us!



Monday, April 2

Breakfast

**Pancakes & Syrup
Cereal & Toast**
Pears, 100% Juice, Milk

Lunch

**Chicken Nuggets
(w/honey mustard to dip)
Cashew Chicken
PBJ & Yogurt**
Steamed Brown Rice
Garden Peas, Baby Carrots
Peaches, 100% Juice, Milk
Bonus: Sherbet

Tuesday, April 3

Breakfast

**Mini Cinnis
Cereal & Toast**
Peaches, 100% Juice, Milk

Lunch

**Chicken Quesadilla
Chix Chef Salad/Roll
Yogurt/Muffin/Cheese**
Side Salad, Celery Sticks
Golden Corn
Applesauce, Grapes, Juice
Milk

TIME TO BLOSSOM.

The flowers are coming out of hiding – and so should you! That resolution to exercise more that seemed so hard in the cold light of January is much more do-able as the weather warms!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Friday, April 6

Breakfast

**Egg/Ham Biscuit
Cereal & Toast**
Applesauce, 100% Juice, Milk

Lunch

**Cheese Pizza
Chicken Teriyaki over
Steamed Rice (lc)
PBJ & Yogurt**
Side Salad, Steamed Broccoli
Mandarin Oranges, Juice, Milk
Bonus: Choc Pudding 1/3c

DON'T 4GET!

Take at least **ONE**

FRUIT or VEGGIE

and at least **THREE** items total
so your meal counts as a complete lunch!

Visit www.traytalk.org for more details
**REPUBLIC R-III SCHOOL DISTRICT
CHILD NUTRITION SERVICES**

MAY NO CHARGE REMINDER

- Meals cannot be charged during May.
- Please keep a positive balance in your child's meal account.
- All meal balances carry into next school year.
- There are 21 school days in April and 15 days in May.
- Balances may be checked online thru your Parent Portal account or contact the Food Service Office at:

**735-3753 or e-mail:
ruth.melvin@republicschools.org**

Monday, April 9

Breakfast

**French Toast & Syrup
Cereal & Toast**
Pears, 100% Juice, Milk
LuckyTray@Breakfast

Lunch

**Chicken Nuggets w/
Garlic Noodles
Hot Ham & Cheese
PBJ & Yogurt**
Garden Peas, Baby Carrots
Peaches, 100% Juice, Milk

Tuesday, April 10

Breakfast

**Breakfast Wrap
Cereal & Toast**
Peaches, 100% Juice, Milk

Lunch

**Toasted Cheese
Chix Chef Salad/Roll
Yogurt/Muffin/Cheese**
Side Salad, Celery Sticks w/PB
Creamy Tomato Soup
Pears, 100% Juice, Milk
Bonus: Goldfish

Wednesday, April 11

Breakfast

**Mini Cinnis
Cereal & Cin. Toast**
Banana, 100% Juice, Milk

Lunch

**Hot Dog
Cheeseburger
PBJ & Yogurt**
Side Salad, Fries
Baked Beans
Straw/Ban/Pine Cup, Juice
Milk
Bonus: Royal Brownie

Thursday, April 12

Breakfast

**Biscuit & Gravy w/
Sausage Patty
Cereal & Toast**
Mandarin Oranges, Juice, Milk

Lunch

**Mac & Cheese
Chicken Nuggets
Yogurt/Muffin/Cheese**
Side Salad, Fresh Broccoli/
Grape Tomatoes
Applesauce, 100% Juice, Milk

Friday, April 13

Breakfast

**Pancakes & Syrup
Cereal & Toast**
Applesauce, 100% Juice, Milk

Lunch

**Pepperoni Pizza
Spaghetti & Meat
Sauce w/Garlic Toast
PBJ & Yogurt**
Side Salad, Green Beans
Mixed Fruit, 100% Juice, Milk
Bonus: Mini R/K Treat

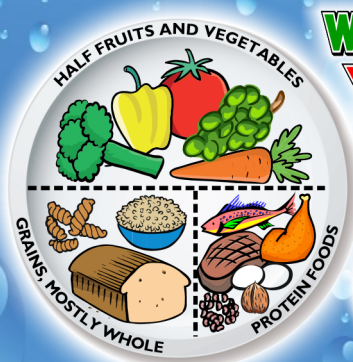
Monday, April 16

Breakfast

Pancakes & Syrup
Cereal & Toast
Pears, 100% Juice, Milk

Lunch

Corndog
Chix Fried Steak/Roll
PBJ & Yogurt
Mashed Potatoes & Gravy
Green Beans, Baby Carrots
Peaches, 100% Juice, Milk
Bonus: Sherbet



**What's on
YOUR
plate?**



**Q: What do you call
two banana
peels?**



A: A pair of slippers!

Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Tuesday, April 17

Breakfast

Mini Cinnis
Cereal & Cin. Toast
Peaches, 100% Juice, Milk

Lunch

Soft Beef Taco
Chicken Nuggets
Yogurt/Muffin/Cheese
Side Salad, Golden Corn
Refried Beans
Apple Wedges, Juice, Milk

Wednesday, April 18

Breakfast

Oatmeal & Cin. Toast
Cereal & Cin. Toast
Banana, Raisins, Juice, Milk

Lunch

**Bosco Sticks (2) w/
Marinara to Dip**
Sweet/Sour Chicken
over Steamed Rice
PBJ & Yogurt
Side Salad, Fresh Broccoli/
Baby Carrots
Applesauce, Juice, Milk



Available Daily

Breakfast Choices

ALL STUDENTS ON MEAL BENEFITS CAN EAT BREAKFAST FREE
Cereal w/Toast or Listed Entrée, 100% Fruit Juice, Fresh/Canned
Fruit, Choice of Fat Free Chocolate or Low Fat White Milk

Alternate Lunch Choices

Entrée: PB&J Sandwich M,W,F; Muffin Yogurt String Cheese T,TH
Vegetable: Tossed Salad (Tues thru Fri)
Fruit: 100% Orange or Apple Juice (4 oz)

Please keep a positive balance in your
student(s) meal account(s).



Thursday, April 19

Breakfast

Biscuit & Gravy
w/Sausage Patty
Cereal & Toast
Mandarin Oranges, Juice, Milk

Lunch

Hamburger
Hot Ham & Cheese
Yogurt/Muffin/Cheese
Side Salad, Fries
Cucumber Coins/Grape Tomatoes
Mixed Fruit, Juice, Milk

Friday, April 20

Breakfast

Egg/Ham Biscuit
Cereal & Toast
100% Juice, Milk

Lunch

Cheese Pizza
Tuna Salad Wrap
PBJ & Yogurt
Side Salad, Steamed Broccoli
Pears, 100% Juice, Milk

Bonus: Cowboy Cookie

Monday, April 23

Breakfast

French Toast & Syrup
Cereal & Toast
Pears, 100% Juice, Milk

Lunch

**Chicken Nuggets w/
Garlic Noodles**
Turkey Wrap w/SW
Ranch Dressing
PBJ & Yogurt
Garden Peas, Baby Carrots
Applesauce, 100% Juice, Milk

Tuesday, April 24

Breakfast

Breakfast Wrap
Cereal & Toast
Peaches, 100% Juice, Milk

Lunch

Ranch Chicken w/Roll
Salisbury Steak w/Roll
Yogurt/Muffin/Cheese
Mashed Potatoes & Brown Gravy
Side Salad, Green Beans
Peaches, Juice, Milk

Bonus: Fruit Crisp

Wednesday, April 25

Breakfast

Mini Cinnis
Cereal & Cin. Toast
Banana, 100% Juice, Milk

Lunch

Cheeseburger
Pulled Pork Sandwich
PBJ & Yogurt
Side Salad, Baked Beans
Oven Fries
Mixed Fruit, 100% Juice, Milk

Thursday, April 26

Breakfast

Biscuit & Gravy
w/Sausage Patty
Cereal & Toast
Mandarin Oranges, Juice, Milk

Lunch

Hot Dog or Chili Dog
**Bowl of Chili w/
Crackers**
Yogurt/Muffin/Cheese
Side Salad, Golden Corn
Cucumber Coins/Grape Tom.
Pears, 100% Juice, Milk

Friday, April 27

Breakfast

Pancakes & Syrup
Cereal & Toast
Pears, 100% Juice, Milk

Lunch

Pepperoni Pizza
Macaroni & Cheese
PBJ & Yogurt
Side Salad, Steamed Broccoli
Apple Wedges, Juice, Milk

Bonus: Jello

Monday, April 30

Breakfast

Pancakes & Syrup
Cereal & Toast
Applesauce, 100% Juice, Milk

Lunch

Chicken Nuggets
(w/honey mustard to dip)
Cashew Chicken
PBJ & Yogurt
Steamed Brown Rice
Garden Peas, Baby Carrots
Peaches, 100% Juice, Milk

Bonus: Sherbet

WONDERS OF THE WORLD

When the Great Pyramid was built as
a tomb for an Egyptian ruler
around 2560 BC, it was easily
the tallest man-made
structure in the world
at 481 feet high.
Nearly 4,000
years later,

it was STILL the world's tallest structure, until the
completion of England's Lincoln Cathedral, which
reached 525 feet into the sky in 1311. When
the Washington Monument became the
world's tallest at 555 feet more than 500
years later in 1884, it was still only
about 100 feet taller than the
Great Pyramid at Giza.

THE GREAT PYRAMID AT GIZA, EGYPT