

Middletown Unified School District

Cobb Elementary Lunch April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Hot Dog on a Bun Broccoli Fresh Grapes	Taco Salad Green Beans Pineapple	Bean & Cheese Burritos Spanish Rice Corn Orange wedges	Cheeseburger Baked Beans Fresh apple slices	Pizza or Cooks Choice California Veggie Peaches
8	9	10	11	12
Chicken Nuggets Caesar salad Fresh Pear	Beef Dippers w/ rice Steamed Carrots Mixed Fruit	Bosco Cheese stick Marinara dipping sauce Mixed Veggies Fresh Grapes	Loaded Nachos Green Beans Orange wedges	Pizza or Cooks Choice Corn Fresh Apple Slices
Spring	Break		No	School
22	23	24	25	26
Mac & Cheese Broccoli Fresh Grapes	Orange Chicken w/rice Green Beans Pineapple	Sloppy Joe Tater Tots Corn Orange wedges	Chicken Burger Baked Beans Fresh Apple slices	Pizza or Cooks choice California Veggie Peaches
29	30	Offered Daily	Soy Butter and Jelly	Salad Bar
Chicken Nuggets Tossed salad Fresh Apple	Spaghetti w/ roll Steamed Carrots Mixed Fruit		Cold Sandwich	

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NUTRITION FACTS: Carbohydrates fall into three categories: sugars, starches and cellulose, or indigestible fiber. Not all sugars and starches are nutritionally equal. Table sugar or sucrose provides what nutritionists call "empty calories." People should eat more starches and cellulose, called complex carbohydrates. Whole-grain bread, potatoes, rice, whole-wheat pasta, dried peas and beans, fruits and vegetables are all excellent sources of complex carbohydrates.

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