

Empower April 2025			Lunch Menu	
Monday	Tuesday	Wednesday	Thursday	Friday
31	01	02	03	04
Spring Break NO SCHOOL				
07	08	09	10	11
Chicken Patty (2oz) Roll (2oz) WG Rice (1c) Green Beans (¾c/1c) Fresh Fruit (½c/1c) 1% Milk (1c)	Nachos Chips (1oz/2oz) Beef Taco Meat (1oz/2oz) Mexican Rice w/Beans (1oz/2oz) Cheese Sauce & Salsa (1oz) Lettuce (¾c/1c) Fresh Fruit (½c/1c) 1% Milk (1c)	WG Bean Burrito (2.5oz) Green Peas (¾c/1c) Cheese Sauce (1oz) Fresh Fruit (½c/1c) 1% Milk (1c)	Beef Chili (2oz/3oz) Frito Corn Chips (½c) Carrots (¾c/1c) Broccoli (¾c/1c) Fresh Fruit (½c/1c) 1% Milk (1c)	Corn Dog (2.5oz) Baked Beans (¾c/1c) Pasta Salad (½c/1c) Corn (¾c/1c) Fresh Fruit (½c/1c) 1% Milk (1c)
14	15	16	17	18
Chicken Patty (2oz) Roll (2oz) WG Rice (½c/1c) Green Beans (¾c/1c) Fresh Fruit (½c/1c) 1% Milk (1c)	Nachos Chips (1oz/2oz) Beef Taco Meat (1oz/2oz) Mexican Rice w/Beans (1oz/2oz) Cheese Sauce & Salsa (1oz) Lettuce (¾c/1c) Fresh Fruit (½c/1c) 1% Milk (1c)	Sloppy Joe (2oz) Bun (2oz) Salad (¾c/1c) Potato Wedge (¾c/1c) Fresh Fruit (½c/1c) 1% Milk (1c)	WG Spaghetti (1oz/2oz) Meatballs (2oz) Marinara Sauce (1oz) Roll (1oz/2oz) Salad Salad (¾c/1c) Fresh Fruit (½c/1c) 1% Milk (1c)	NO School In-Service Day
21	22	23	24	25
Chicken Alfredo with Penne Pasta (3oz) Broccoli (¾c/1c) Fresh Fruit (½c/1c) 1% Milk (1c)	Nachos Chips (1oz/2oz) Beef Taco Meat (1oz/2oz) Mexican Rice w/Beans (1oz/2oz) Cheese Sauce & Salsa (1oz) Lettuce (¾c/1c) Fresh Fruit (½c/1c) 1% Milk (1c)	Turkey Sandwich (4oz) Chips (1oz/2oz) Lettuce (½c) Celery & Carrots w/Ranch (¾c/1c) Fresh Fruit (½c/1c) 1% Milk (1c)	Hotdog w/Bun (2.5oz) Baked Beans (¾c/1c) Pasta Salad (¾c/1c) Corn (¾c/1c) Fresh Fruit (½c/1c) 1% Milk (1c)	Beef Chili (2oz/3oz) Frito Corn Chips (½c) Carrots (¾c/1c) Cole Slaw (¾c/1c) Fresh Fruit (½c/1c) 1% Milk (1c)
28	29	30	01	02
WG Bean Burrito (2.5oz) Green Peas (¾c/1c) Cheese Sauce (1oz) Fresh Fruit (½c/1c) 1% Milk (1c)	Nachos Chips (1oz/2oz) Beef Taco Meat (1oz/2oz) Mexican Rice w/Beans (1oz/2oz) Cheese Sauce & Salsa (1oz) Lettuce (¾c/1c) Fresh Fruit (½c/1c) 1% Milk (1c)	Pulled BBQ Chicken (1oz/2oz) Bun (1oz/2oz) Mac & Cheese(½c/1c) Broccoli (¾c/1c) Fresh Fruit (½c/1c) 1% Milk (1c)	Chicken Tenders (1oz/2oz) Maple Waffles (¾c/1c) Potato Patty (¾c/1c) Fresh Fruit (½c/1c) 1% Milk (1c)	Turkey Sandwich (2oz/3oz) Chips (1oz/2oz) Lettuce (½c) Celery & Carrots w/Ranch (¾c/1c) Fresh Fruit (½c/1c) 1% Milk (1c)

April 2025 ~ 5wk LUNCH MENU CYCLE ~ Portion Sizes (K-8/9-12) ~ **Revised: 03/27/2025**
Menu items are subject to change according to product availability.