

Menus for April 2019

Warwick Elementary School

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



Word of the Month

per·se·ver·ance

1. the quality of never giving up
2. persisting at a task or object despite difficulties, obstacles, and discouragement

EZSchoolPay
com

**SIMPLE, SAFE
& SECURE
BREAKFAST**

\$1.50
Reduced
\$.00

LUNCH

\$2.50
Reduced
\$.40

**Pay for meals on-line at
EZSchoolPay.com!**

AVAILABLE DAILY

#3 Lunch box meal: 1/2 Sandwich (ham/turkey)
fruit, baby carrots, whole grain snack bag

#4 Veggie burger, veggie, fruit and milk

Student meals include:

Entrée, veggie (salad, hot veggie, relish
tray) choice of fruit and milk

**Milk is the only beverage included
with meals**

Meals include choice of Fat Free flavored,
Fat Free white or 1% white milk

Relish tray may include: carrots,
Cucumbers, broccoli and peppers

Assorted fruit basket may include:
applesauce, peaches, pears, apricots,
strawberries, pineapples, mixed fruit,

raisins, bananas, raisins, grapes and apples

Make checks payable to:

Warwick School District

**When making payments—include
student's first and last name and
Student id number on envelope**

Ingredient labels available upon request



Monday, April 1

Breakfast

Cini minis or Cereal &
snack bag, fruit or juice
and milk

Lunch

- #1 Pizza cheese crunchers
- #2 Yogurt parfait,
sunflower seeds, snack
bag
- #3 Lunch box meal
w/turkey sandwich
- #4 Veggie burger

Salad, baked beans, relish
cup, fruit, milk

Tuesday, April 2

Breakfast

Individual wrapped soft filled
cinnamon toast crunch or
cocoa puff bar or Cereal &
snack bag, fruit or juice and
milk

Lunch

- #1 Cheeseburger on roll
- #2 Yogurt parfait, sunflower
seeds, snack bag
- #3 Lunch box meal w/turkey
sandwich
- #4 Veggie burger

Salad, French fries, relish cup,
fruit, milk

Wed., April 3

Breakfast

Filled Crescents or Cereal &
snack bag, fruit or juice and
milk

Lunch

- #1 Chicken nuggets
w/ dinner roll
 - #2 Yogurt parfait,
sunflower seeds, snack
bag
 - #3 Lunch box meal w/
turkey sandwich
 - #4 Veggie burger
- Salad, fruit or slushy, relish
cup, peas, fruit, milk

Thursday, April 4

Breakfast

Mini pancakes or Cereal, &
snack bag, fruit or juice and
milk

Lunch

- #1 Stuffed crust pizza
 - #2 Yogurt parfait,
sunflower seeds, snack
bag
 - #3 Lunch box meal w/
turkey sandwich
 - #4 Veggie burger
- Salad, California blend,
relish cup, fruit, milk

Friday, April 5

Breakfast

Cinnamon swirl roll or Cereal
& snack bag, fruit or juice and
milk

Lunch

- #1 Corn dog nuggets
 - #2 Three cheese pasta
boat
 - #3 Lunch box meal w/
turkey sandwich
 - #4 Veggie burger
- Salad, broccoli, relish cup,
fruit, cookie, milk

Monday, April 8

Breakfast

Cini minis or Cereal & snack
bag, fruit or juice and milk

Lunch

- #1 Walking Taco w/roll
- #2 Garlic French Bread
pizza
- #3 Lunch box meal
w/ham sandwich
- #4 Veggie burger

Salad, baked beans, relish
cup, fruit, milk

Tuesday, April 9

Breakfast

Individual wrapped soft filled
cinnamon toast crunch or
cocoa puff bar or Cereal &
snack bag, fruit or juice and
milk

Lunch

- #1 Chickenburger on roll
- #2 Garlic French Bread
pizza
- #3 Lunch box meal
w/ham sandwich
- #4 Veggie burger

Salad, green beans, relish
cup, fruit, milk

Wed., April 10

Breakfast

Filled Crescents or Cereal
& snack bag, fruit or juice
and milk

Lunch

- #1 Dutch waffle, sausage
- #2 Garlic French Bread
Pizza
- #3 Lunch box meal
w/ham sandwich
- #4 Veggie burger

Salad, fruit or slushy, peas,
relish cup, fruit, milk

Thursday, April 11

Breakfast

Mini pancakes or Cereal &
snack bag, fruit or juice
and milk

Lunch

- #1 Chicken fries w/ roll
- #2 Garlic French Bread
pizza
- #3 Lunch box meal
w/ham sandwich
- #4 Veggie burger

Salad, California blend,
relish cup, fruit, milk

Friday, April 12

Breakfast

Cinnamon swirl roll or
Cereal & snack bag, fruit or
juice and milk

Lunch

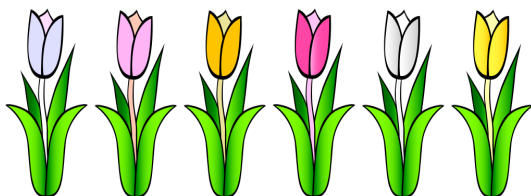
- #1 Mickey's pizza
- #2 Fish sea wonders
w/soft pretzel
- #3 Lunch box meal
w/ham sandwich
- #4 Veggie burger

Salad, corn, relish cup,
fruit, milk

SPRING BREAK


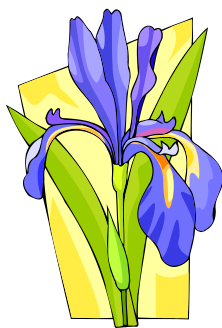
**Break begins at
the end of classes:
Wednesday, April 17th**


**Classes Resume:
Tuesday, April 23rd**



Ezschoolpay allows you to:

Register today it's easy and free! Go to www.ezschoolpay.com and click "Register" once logged in, you can associate your children using their name and school id#. Review transaction history— history will reveal your child's lunch choices and how much money was spent. Check account balances— Balances typically update within 10 minutes. Receive low account balance alerts— Parents have the freedom to determine at what balance they want to receive email notification. **HAVE CONFIDENCE KNOWING YOUR CHILD HAS LUNCH MONEY EVERYDAY!** \$3.00 fee for payments made on-line.

<p>Monday, April 15</p> <p>Breakfast Cini minis or Cereal & snack bag, fruit or juice and milk</p> <p>Lunch #1 Popcorn chicken and dinner roll #2 Cheese Quesadilla #3 Lunch box meal w/turkey sandwich #4 Veggie burger Salad, peas, relish cup, fruit, milk</p>	<p>Tuesday, April 16</p> <p>Breakfast Individual wrapped soft filled cinnamon toast crunch or cocoa puff bar or Cereal & snack bag, fruit or juice and milk</p> <p>Lunch #1 McWarrior breakfast sandwich #2 Cheese Quesadilla #3 Lunch box meal w/turkey sandwich #4 Veggie burger Salad, baked beans, relish cup, fruit, milk</p>	<p>Wed., April 17</p> <p>Breakfast Filled Crescents or Cereal & snack bag, fruit or juice and milk</p> <p>Lunch #1 Turkey mashed potato bowl w/roll #2 Cheese Quesadilla #3 Lunch box meal w/turkey sandwich #4 Veggie burger Salad, fruit or slushy, corn, relish cup, fruit, milk</p>	<p>Thursday, April 18</p> <p>NO SCHOOL FOR STUDENTS ACT 80 DAY INSERVICE DAY</p> 	<p>Friday, April 19</p> <p>Good Friday</p>  <p>No School Today</p>
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<p>Monday, April 22</p> 	<p>Tuesday, April 23</p> <p>Breakfast Individual wrapped soft filled cinnamon toast crunch or cocoa puff bar or Cereal & snack bag, fruit or juice and milk</p> <p>Lunch #1 Popcorn chicken with dinner roll #2 Pizza stix w/ sauce #3 Lunch box meal w/ ham sandwich #4 Veggie burger Salad, broccoli, relish cup, fruit and milk</p>	<p>Wed., April 24</p> <p>Breakfast Filled Crescents or Cereal & snack bag, fruit or juice and milk</p> <p>Lunch #1 Walking Taco w/roll #2 Pizza stix w/ sauce #3 Lunch box meal w/ ham sandwich #4 Veggie burger Salad, corn, relish cup, fruit or slushy and milk</p>	<p>Thursday April 25</p> <p>Breakfast Mini pancakes or Cereal, & snack bag, fruit or juice and milk</p> <p>Lunch #1 Turkey sub on roll #2 Pizza stix w/ sauce #3 Lunch box meal w/ ham sandwich #4 Veggie burger Salad, Potato smiles, relish cup, fruit, milk</p>	<p>Friday, April 26</p> <p>Breakfast Cinnamon swirl roll or Cereal & snack bag, fruit or juice and milk</p> <p>Lunch #1 Dutch waffle breakfast w/ sausage #2 Fish sea wonders w/ pretzel #3 Lunch box meal w/ ham sandwich #4 Veggie burger Salad, relish cup, fruit, milk</p>
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<p>Monday, April 29</p> <p>Breakfast Cini minis or Cereal & snack bag, fruit or juice and milk</p> <p>Lunch #1 Pizza cheese crunchers #2 Yogurt parfait, sunflower seeds, snack bag #3 Lunch box meal w/turkey sandwich #4 Veggie burger Salad, baked beans, relish cup, fruit, milk</p>	<p>Tuesday, April 30</p> <p>Breakfast Individual wrapped soft filled cinnamon toast crunch or cocoa puff bar or Cereal & snack bag, fruit or juice and milk</p> <p>Lunch #1 Cheeseburger on roll #2 Yogurt parfait, sunflower seeds, snack bag #3 Lunch box meal w/turkey sandwich #4 Veggie burger Salad, French fries, relish cup, fruit, milk</p>
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I am the letter



zero



Experts recommend that we eat at least 20-30 grams of fiber a day -- but most Americans consume less than half that much. Good sources are grains, fruits, vegetables, and beans. Check the labels on foods, like your favorite breakfast cereal -- some cereals provide ten or more grams of fiber per bowl, but shoot for at least three.

A QUICK BITE FOR PARENTS