

APRIL | 2019



RANDOLPH SOUTHERN JR-SR HIGH SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 CHEESEBURGER/BUN
BBQ Pork/Bun
FRENCH FRIES
CARROTS
APPLESAUCE
MILK

2 COUNTRY FRIED STEAK
Chicken Leg
MASHED POTATOES/GRAVY
BROCCOLI
PEACHES
MILK

3 CONEY DOG/BUN
Chicken Slider
CHIPS
GREEN BEANS
PEARS
MILK

4 PIZZA
Ham & Cheese Croissant
CORN
PINEAPPLE
MILK
SUNSHINE BREAD

5 CHICKEN TENDERS
Fish Sandwich
POTATO WEDGES
BAKED BEANS
MIXED FRUIT
MILK

8 GENERAL TSO CHICKEN
RICE
Burrito
Hash Brown
BROCCOLI
PEACHES
MILK

9 NACHOS W/MEAT & CHEESE
Cheeseburger Mini Twins
REFRIED BEANS
LETTUCE & TOMATO
PEARS
MILK

10 MRS. RIDGWAY MENU
SPAGHETTI w/MEATSAUCE
Mac & Cheese
TOSS SALAD
STRAWBERRIES
GARLIC BREAD
MILK
RED VELVET CAKE

11 CHICKEN LEG
Breaded Pork Chop
MASHED POTATOES/GRAVY
GREEN BEANS
MIXED FRUIT
MILK

12 PANCAKES/SYRUP
SAUSAGE PATTY
Biscuit & Sausage Gravy
CARROTS
FRUIT CUP
MILK

15 PHILLY STEAK SANDWICH
Fajita Chicken Panini Wrap
CORN
COTTAGE CHEESE
MIXED FRUIT
MILK

16 CHICKEN & NOODLES
Roast Beef/Gravy
MASHED POTATOES
BROCCOLI
APPLESAUCE
MILK

17 SPICY CHICKEN PATTY/BUN
Deli Sandwich/Pretzel Roll
POTATO WEDGES
BAKED BEANS
PEARS
MILK

18 CHILI
Potato Soup
GRILLED CHEESE
CARROTS
PEACHES
MILK
DESSERT

19 NO
SCHOOL
GOOD
FRIDAY

22 CHICKEN BACON RANCH/BUN
Corn dog
CHIPS
GREEN BEANS
PEARS
MILK

23 LASAGNA
Fajita Chicken Nachos
TOSS SALAD
APPLESAUCE
MILK

24 MRS. TERHARR MENU
CHICKEN NUGGETS
Pizza Burger/Bun
FRENCH FRIES
FRESH VEGGIES/DIP
WATERMELON
MILK
SUPERMAN ICE CREAM

25 TACOS
Hot Wings
REFRIED BEANS
CORN
MIXED FRUIT
MILK

26 CHICKEN BBQ FLATBREAD
PIZZA
Fish Nuggets
Onion Rings
CARROTS
PEACHES
MILK

29 GREEN BEANS, SAUSAGE
& POTATOES
Calzone
COTTAGE CHEESE
PEACHES
CORN/BREAD
MILK

30 BUFFALO CHICKEN WRAPS
Sub Sandwich
LETTUCE & TOMATOES
BAKED BEANS
BAKED APPLES
MILK

1

2

3

News

Did You Know?
McDonald's is the world's largest toy distributor.

Subway once held the world record for sandwich making.

1 in 8 American workers has worked at McDonald's.

Arby's hold the record for the longest TV commercial.

More than 1/3 of American kids eat fast food every day.

The average American spends \$1,200 on fast food in a year.