

April 2024

Glenwood High School

Monday

1

NO SCHOOL

Tuesday

2

Donut
Milk, Fruit & Juice
Breaded Cheese Sticks
Marinara Sauce or
Hot Dog on a Bun
Green Beans, Carrot Sticks
Peaches, Cookie
Milk

Wednesday

3

Breakfast Pizza
Fruit, Milk & Juice
Chicken Patty on a Bun
Or BBQ Rib on a Bun
Hashbrown
Sliced Cucumbers
Banana, Fruit Slushy Cup
Milk

Thursday

4

Cinnamon Roll
Milk, Fruit & Juice
Super Nachos Or
Popcorn Chicken
Steamed Peas
Lettuce Salad, Pineapple
Breadstick
Milk

Friday

5

Cereal, Crackers
Milk, Fruit & Juice
Grilled Cheese Sandwich
Or Pork Fritter on a Bun
Sun Chips
Baked Beans, Carrot Sticks
Sliced Apples
Milk

Cereal, Crackers
Milk, Fruit & Juice

8

Pizza Crunchers
Marinara Sauce Or
Burrito with Cheese Sauce
Green Beans, Carrot Sticks
Applesauce, Cookie
Milk

Donut
Milk, Fruit & Juice

9

Crispito & Cheese Sauce
Or Italian Sub Sandwich
Steamed Corn, Lettuce Salad
Chilled Mandarin Oranges
Sherbet Cup
Milk

Sausage Gravy, Biscuit
Fruit, Milk & Juice

10

Hamburger on a Bun
Or Spicy Chicken on a Bun
French Fries, Celery Sticks
Chilled Pears
Goldfish Crackers
Milk

Long John
Milk, Fruit & Juice

11

Chicken Strips
Or Salisbury Steak
Mashed Potatoes & Gravy
Cucumber Slices
Strawberries, Dinner Roll
Milk

Cereal, Crackers
Milk, Fruit & Juice

12

Mini Corn Dogs Or
Macaroni & Cheese & Roll
Baked Beans, Lettuce Salad
Chilled Peaches
Fruit Slushy Cup
Milk

NO SCHOOL

15

Donut
Milk, Fruit & Juice

16

Mandarin Orange Chicken
Rice & Bread
Or Breaded Cheese Sticks
Steamed Mixed Vegetables
Pineapple, Fortune Cookie
Milk

Pancake on a Stick
Milk, Fruit & Juice

17

Chicken Nuggets with Roll
Or Meatball Sub
French Fries
Lettuce Salad
Banana
Milk

Cinnamon Roll
Milk, Fruit & Juice

18

Walking Taco Or
Chicken Strip Wrap
Lettuce & Cheese
Fiesta Beans & Salsa
Applesauce, Fruit Muffin
Milk

Cereal, Crackers
Milk, Fruit & Juice

19

Pizza Or
Cooks Choice
Green Beans, Carrot Sticks
Orange Wedges
Jonny Pop
Milk

Cereal, Crackers
Milk, Fruit & Juice

22

Sloppy Joe
Or Mini Corn Dogs
French Fries, Carrot Sticks
Chilled Pears
Grandma's Cookie
Milk

Donut
Milk, Fruit & Juice

23

BBQ Rib on a Bun
Or Cheeseburger
Baked Beans, Lettuce Salad
Chilled Applesauce
Fruit Slushy Cup
Milk

French toast, Syrup
Milk, Fruit & Juice

24

Popcorn Chicken OR
Quesadilla
Green Beans
Cucumber Slices
Red Grapes, Bread & Butter
Milk

Long John
Milk, Fruit & Juice

25

Super Nachos
Or Pizza
Steamed Peas, Carrot Sticks
Chilled Mandarin Oranges
Cinnamon Crackers
Milk

Cereal, Crackers
Milk, Fruit & Juice

26

Cheese Omelet
French Toast & Syrup
Or Deli Sub Sandwich
Hashbrown, Strawberries
Cherry Star Juice
Milk

Cereal, Crackers
Milk, Fruit & Juice

29

Chicken Strips
Or Salisbury Steak
Mashed Potatoes & Gravy
Carrot Sticks, Chilled Pears
Dinner Roll
Milk

Donut
Milk, Fruit & Juice

30

Crispito & Cheese Sauce
Or Chicken Patty on a Bun
Steamed Corn, Celery Sticks
Fresh Apple Slices
Sherbet Cup
Milk

Did You Know?

April is named after the Greek goddess of love, Aphrodite. In the Roman calendar, the fourth month April is spelled Aprilis, meaning "to open." Festivals which were planned for April included Parrilla, a day celebrating the founding of Rome.

Lunch News

Daily Veggie Bar

Listed Below are a few choices provided with Lunch.

Daily choices vary:

Lettuce 50% dark green mix
Carrots, Cucumber slices,
Tomatoes, Broccoli, Green
Peppers, Celery & Cauliflower

Meal prices for 2023-2024

Breakfast all schools- \$2.00
PK - 5th Grade Lunch - \$3.00
6th - 12th Grade Lunch - \$3.10
Adult Breakfast - \$2.50
Adult Lunch - \$4.85
Extra Milk - \$.50

EZSchoolpay.com

You may monitor your child's meal account and receive payment reminders via email on EZSchoolpay.com for FREE. You may also enter money into the account with a debit/credit card. There is a \$3.00 fee for online deposits. If you have any questions, please call the Food Service Office at 712-527-5029.

Free and Reduced Meals

The 2023-2024 Iowa Eligibility Application for free or reduced meals is available to fill out and submit online at: ezmealapp.com or you may pick up a paper application in the school offices. We encourage everyone to fill out an application to see if you qualify.

This Institution is an equal opportunity provider.

Menu subject to change.

School Info

2 Hour Early Out
10th & 24th

No School
1st & 15th