

## **APRIL 2019**

Orcas Christian School

A gush of bird-song, a patter of dew, a loud, & a rainbow's warning, suddenly unshine, & a perfect blue, on an April lay in the morning.

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6	Monday	Tuesday	Wednesday	Thursday	Friday
`, (	Bean & Cheese Burritos Veggie Medley Fresh Green Salad Fruit Skim or 1% milk	No school Student Led Conferences	Chana Masala Rice Fresh Green Salad Mango Lassi smoothie Skim or 1% milk	Luxurious Tomato-Basil (GF) Pasta/ Cottage Cheese Roasted Broccoli Fresh Green Salad Fruit Skim or 1% milk	Pizza! Cottage Cheese Fresh Green Salad Fruit Skim or 1% milk
6 6				Miss Becca's Meal	
•	Haystacks W/All the fixins' Veggie medley Fruit Skim or 1% milk	Broccoli, Cheese & Rice Casserole Cottage Cheese Dinner Roll Fruit Skim or 1% milk	Magical Moroccan Beans & Greens Drown rice Fresh Green Salad Fruit Skim or 1% milk	"Chicken Tenders" Arugula Lemon Pesto Pasta Salad Fresh Green Salad Fruit Skim or 1% milk	Beanie Burgers On a Whole Wheat Bun Coleslaw Fruit Skim or 1% milk
6	Yumm Bowls Freeh Groop Solad	Breakfast Burritos	Falafel Nuggets W/ Tzatziki Sauce	Tomato Soup	½ Day
6	Fresh Green Salad Fruit Skim or 1% milk	Veggie Medley Fruit Skim or 1% milk	Pita Bread Fresh Green Salad Fruit Skim or 1% milk	Grilled Cheese Sandwiches Fresh Green Salad Fruit Skim or 1% milk	No Hot Lunch
6 (	Spring Break 22	Spring break 23	Spring Break 24	Spring Break 25	Spring Break 26
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•	No School Teacher in Service Day	Mac N Cheese Roasted Roots Fresh Green Salad Fruit Skim or 1% milk			
Jan Jan			Walestra Holland	Lander Holing Controlled	Harakaan Karana