



Monticello High School and Middle  
School Lunch Menus, April 2025

How to celebrate **Earth Day (April 22<sup>nd</sup>)** throughout the month of April through Nutrition. Make it small goals that are achievable!

- **Meal plan-** Reduce impulse buying or food waste by planning meals ahead of time for the week.
- **Compost Scraps:** Egg Shells, Banana peels, skin of fruit or vegetables, pits from stone fruits, etc.
- **Buy local:** Eggs, milk, syrup, yogurt, beef, chicken, pork, are all local items that are available in Sullivan County Currently.
- **Reusable containers-** They help reduce waste of plastics or Styrofoam. Reuse containers if able to.
- **Rotate Fruits and Vegetables-** Rotation of color helps keep balance in nutrient consumption.
- **Store food properly-** It will help extend its shelf life. If able to, freeze the leftover to decrease waste.



# March 31st- April 4th



Tuesday 4.1.25

Hot Entree-  
Stuffed Shells w/ Marinara,  
served with Caesar Salad w.  
Croutons, and Baby Carrots

*Daily Specials-*

Cottage Cheese & Veggies with Breadstick  
Veggie Burgers or a Cheeseburger  
Tuna Salad with Greens  
Sesame Ginger Tuna Wrap  
Raspberry Yogurt Parfait with Granola  
Pizza

Thursday 4.3.25

Hot Entree-  
Roast Turkey and Gravy with  
Baked Sweet Potatoes, Garlic  
Green Beans, and Corned Bread

*Daily Specials-*

Tabbouleh with Feta and Greens  
Black Bean Burger or a Cheeseburger  
Sesame Chicken Asian Noodles with Greens  
Italian Combo Wrap  
Pineapple Yogurt Parfait with Granola  
Pizza

Monday 3.31.25

Hot Entree-  
Pork Carnitas with a Soft WG  
Tortilla, Fresh Pico De Gallo, House  
made Guacamole, and a Tossed  
Romaine Salad

*Daily Specials-*

Mediterranean Quinoa Salad with Feta  
Veggie Burgers or a Cheeseburger  
Thai Style Salad with Chicken  
Siracha Chicken Wrap  
Raspberry Yogurt Parfait with Granola  
Pizza

Wednesday 4.2.25

Hot Entree-  
Grilled Cheese and Tomato Soup  
with or without Ham, Gold Fish  
Crackers, and Fresh Broccoli w/  
Ranch for Dipping

*Daily Specials-*

Southwest Quinoa Salad  
Black Bean Burger or a Cheeseburger  
Southwest Chicken  
Caesar Hot Cuban Wrap  
Peach Yogurt Parfait with Granola  
Pizza

Friday 4.4.25

Hot Entree-  
Assorted WG Pizza Choices served  
with Caesar Salad, Roasted Zucchini  
and Squash and a 3 Bean Salad

*Daily Specials-*

Southwest Caesar Salad  
Veggies Burgers or a Cheeseburger  
Egg Salad with Greens  
California Wrap Mixed  
Yogurt Parfait with Granola

**DAILY OFFERINGS:**

ASSORTED MILK VARIETY

ASSORTED FRESH AND CANNED  
FRUIT

SALAD BAR

ASSORTED WG SANDWICHES

ASSORTED WG WRAPS

WG PB&J W/ CHEESE STICK

SPECIALTY SALADS

CHARCUTERIE TO-GO KITS



All Menus are  
Subject to  
Change



April 7th-11th

All Menus are  
Subject to Change



**DAILY OFFERINGS:**

ASSORTED MILK VARIETY  
ASSORTED FRESH AND CANNED  
FRUIT  
SALAD BAR  
ASSORTED WG SANDWICHES  
ASSORTED WG WRAPS  
WG PB&J W/ CHEESE STICK  
SPECIALTY SALADS  
CHARCUTERIE TO-GO KITS

Monday 4.7.25

Hot Entree-  
BBQ Chicken with Garlic Toasted  
Pita Bread, Coleslaw and Glazed  
Carrots

*Daily Specials Rotation-*  
Mediterranean Quinoa Salad with Feta  
Veggie Burgers or a Cheeseburger  
Thai Style Salad with Chicken  
Siracha Chicken Wrap  
Raspberry Yogurt Parfait with Granola  
Pizza

Tuesday 4.8.25

Hot Entree-  
Build your own Burger!  
Toppings: Cheddar, American, or  
Swiss Cheese. Sauteed  
Mushrooms and Onions

*Daily Specials Rotation-*  
Cottage Cheese & Veggies with Breadstick  
Veggie Burgers or a Cheeseburger  
Tuna Salad with Greens  
Sesame Ginger Tuna Wrap  
Raspberry Yogurt Parfait with Granola  
Pizza

Wednesday 4.9.25

Hot Entree-  
NY Pasta with Meat Sauce, Garlic  
Parm Cheese Stick,  
NY Green Beans

*Daily Specials Rotation-*  
Southwest Quinoa Salad  
Black Bean Burger or a Cheeseburger  
Southwest Chicken  
Caesar Hot Cuban Wrap  
Peach Yogurt Parfait with Granola  
Pizza

Thursday 4.10.25

Hot Entree-  
Southwest Chicken and Rice Bowl,  
with Cilantro Lime Rice, Mixed  
Vegetables, Guacamole, Sour  
Cream and Salsa

*Daily Specials Rotation-*  
Tabbouleh with Feta and Greens  
Black Bean Burger or a Cheeseburger  
Sesame Chicken Asian Noodles with Greens  
Italian Combo Wrap  
Pineapple Yogurt Parfait with Granola  
Pizza

Friday 4.11.25

Hot Entree-  
Assorted WG Pizza Choices  
served with Assorted Veggies and  
Tossed Salad

*Daily Specials Rotation-*  
Southwest Caesar Salad  
Veggies Burgers or a Cheeseburger  
Egg Salad with Greens  
California Wrap Mixed  
Yogurt Parfait with Granola



All Menus are  
Subject to Change

April 14th-18th

Vacation

**HOLIDAY!**

Best Travel

Best Trip

HAPPY  
SPRING BREAK



# April 21st-25th

Monday- 4.21.25



As of 4/1, Happy Give Back Day, District Closed- Subject to Change!

Tuesday 4.22.25



Hot Entree-

General Tso Chicken, Savory Rice, Streamed Broccoli, Chow Mein Noodles

*Daily Specials Rotation-*

Southwest Quinoa Salad

Black Bean Burger or a Cheeseburger

Southwest Chicken

Peach Yogurt Parfait with Granola Pizza

Wednesday 4.23.25

Hot Entree-

Grilled Cheese and Tomato Soup, with or without Ham, Gold Fish Crackers, Fresh Broccoli and Ranch

*Daily Specials Rotation-*

Black Bean Burger or a Cheeseburger

Sesame Chicken Asian Noodles with Greens

Italian Combo Wrap

Pineapple Yogurt Parfait with Granola Pizza

Thursday 4.24.25

Hot Entree-

Bacon Cheeseburger Pasta Bake, served with a Tossed Romaine Salad, and Garlic Pita Chips

*Daily Specials Rotation-*

Hummus with Pita Chips and Greens

Veggie Burgers or a Cheeseburger

Chef Salad with Ham and

a Hard Boiled Egg

Sriracha Chicken Wrap

Strawberry Yogurt Parfait with Granola Pizza

## DAILY OFFERINGS:

ASSORTED MILK VARIETY  
ASSORTED FRESH AND CANNED  
FRUIT  
SALAD BAR  
ASSORTED WG SANDWICHES  
ASSORTED WG WRAPS  
WG PB&J W/ CHEESE STICK  
SPECIALTY SALADS  
CHARCUTERIE TO-GO KITS

Friday 4.25.25

Hot Entree-

Assorted WG Pizza Choices served Assorted Veggie Sticks and Garlic Green Beans

*Daily Specials Rotation-*

Hummus w. Pita Chips and Greens

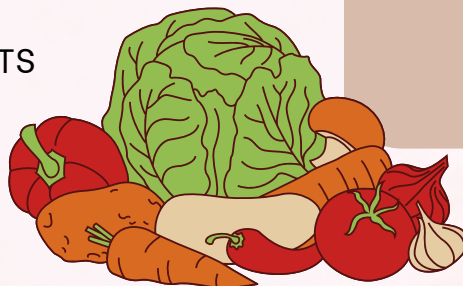
Buffalo Chicken Salad

Thai Chicken Wrap

Yogurt Parfait

Cheeseburger

All Menus are Subject to Change





# April 28<sup>th</sup> - May 2nd

All Menus are  
Subject to  
Change

## Tuesday 4.29.25

### Hot Entree-

#### Breakfast for Lunch!

WG Biscuit w./ Fresh Strawberry  
Sauce, Cheese Omelet, Sliced Ham,  
Zesty Sweet and White Potatoes,  
Orange Wedges

*Daily Specials Rotation-*  
Southwest Quinoa Salad  
Black Bean or a Cheeseburger  
Southwest Chicken  
Wrap  
Peach Yogurt  
Parfait with Granola  
Pizza

## Thursday 5.1.25

### Hot Entree-

Peruvian Pulled Pork Sub  
with a Spicy Cilantro Mayo and  
Veggies, Seasoned Plantains, and a  
Tossed Romaine Salad

*Daily Specials-*  
Tabbouleh with Feta and Greens  
Black Bean Burger or a Cheeseburger  
Sesame Chicken Asian Noodles with Greens  
Italian Combo Wrap  
Pineapple Yogurt Parfait with Granola  
Pizza

### DAILY OFFERINGS:

ASSORTED MILK VARIETY  
ASSORTED FRESH AND CANNED  
FRUIT  
SALAD BAR  
ASSORTED WG SANDWICHES  
ASSORTED WG WRAPS  
WG PB&J W/ CHEESE STICK  
SPECIALTY SALADS  
CHARCUTERIE TO-GO KITS



## Monday 4.28.25

### Hot Entree-

Chicago Hot Dogs with toppings of  
Tomatoes, Onions, Peppers, Pickles,  
Mustard, and served with Baked  
Beans and Potato Wedges.

*Daily Specials Rotation-*  
Mediterranean Quinoa Salad with Feta  
Veggie Burgers or a Cheeseburger  
Thai Style Salad with Chicken  
Siracha Chicken Wrap  
Raspberry Yogurt Parfait with Granola  
Pizza

## Wednesday 4.30.25

### Hot Entree-

Roasted Season Chicken Thighs with an  
Arugula Lemon Pesto Salad and Peas

*Daily Specials Rotation-*  
Cottage Cheese & Veggies with Breadstick  
Veggie Burgers or a Cheeseburger  
Tuna Salad with Greens  
Sesame Ginger Tuna Wrap  
Raspberry Yogurt Parfait with Granola  
Pizza

## Friday 5.2.25

### Hot Entree-

Assorted WG Pizza Choices served  
Roasted Chick Peas and a  
Watermelon Cucumber Salad with  
Feta

*Daily Specials-*  
Southwest Caesar Salad  
Veggies Burgers or a Cheeseburger  
Egg Salad with Greens  
California Wrap Mixed  
Yogurt Parfait with Granola