

APRIL 2025

SIGONELLA UPK LUNCH



Italian Day
Homemade recipes
developed by our
Italian chefs!

2024-2025 Meal Prices

UPK	\$3.50
UPK Reduced	\$0.40

TUESDAY 1



WEDNESDAY 2



THURSDAY 3



FRIDAY 4



MONDAY 7

Pasta w/ Meatballs
Variety of Fruit
Seasoned Green Beans
Honey Glazed Carrots
Choice of White Milk

TUESDAY 8

Chicken Parmesan
w/ Breadstick
Variety of Fruit
Seasoned Roasted Broccoli
Seasoned Corn
Choice of White Milk

WEDNESDAY 9

Soft Tacos
Variety of Fruit
Seasoned Black Beans
Shredded Lettuce +
Tomato
Choice of White Milk

THURSDAY 10

Chicken + Waffles
Variety of Fruit
Tater Tots
Sliced Cucumbers
Choice of White Milk

FRIDAY 11

Whole Grain Pizza
Variety of Fruit
Romaine Side Salad
Crinkle Cut Fries
Choice of White Milk



MONDAY 14



TUESDAY 15

Sloppy Joe
Variety of Fruit
Seasoned Roasted Broccoli
Seasoned Corn
Choice of White Milk

WEDNESDAY 16

Bean & Cheese Burrito
Variety of Fruit
Seasoned Black Beans
Shredded Lettuce +
Tomato
Choice of White Milk

THURSDAY 17

Breakfast for Lunch
Variety of Fruit
Tater Tots
Sliced Cucumbers
Choice of White Milk

FRIDAY 18

Macaroni + Cheese
Variety of Fruit
Romaine Side Salad
Crinkle Cut Fries
Choice of White Milk

MONDAY 21

Beef + Broccoli
Fried Rice
Variety of Fruit
Seasoned Green Beans
Honey Glazed Carrots
Choice of White Milk

TUESDAY 22

Chicken Alfredo
Variety of Fruit
Seasoned Roasted Broccoli
Seasoned Corn
Choice of White Milk

WEDNESDAY 23

Nachos Supreme
Variety of Fruit
Seasoned Black Beans
Shredded Lettuce +
Tomato
Choice of White Milk

THURSDAY 24

Pasta w/ Peas
Variety of Fruit
Baked Asparagus
Vegetable Pinzimonio
Choice of White Milk
Apricot tart

FRIDAY 25

Hamburger
Variety of Fruit
Romaine Side Salad
Crinkle Cut Fries
Choice of White Milk

MONDAY 28

Pasta w/ Meatballs
Variety of Fruit
Seasoned Green Beans
Honey Glazed Carrots
Choice of White Milk

TUESDAY 29

Chicken Parmesan
w/ Breadstick
Variety of Fruit
Seasoned Roasted Broccoli
Seasoned Corn
Choice of White Milk

WEDNESDAY 30

Soft Tacos
Variety of Fruit
Seasoned Black Beans
Shredded Lettuce +
Tomato
Choice of White Milk

UPK is served Family Style*

Family Style Mean:

- Children eat in their classrooms
- Everyone eats the same food
- Children serve themselves

Family Style Promotes:

- Physical, social and emotional development
- Decision making skills, Sharing

Menu subject to change based on availability

<https://www.mynavyexchange.com/studentmealprogram/>

APRIL 2025

SIGONELLA ELEMENTARY LUNCH

MAKE A COMPLETE MEAL:

- Entrees: Choose One**
***Fruit: Choose One OR Two**
***Vegetables: Choose One OR Two**
Milk: Choose One
Must Choose a Fruit OR Vegetable

NOTE: Students are permitted **one complete meal**. Second meals are available at full price. Students who do not select at least 3 items with one being a fruit or vegetable will be charged full price.

2024-2025 Meal Prices

Grades K-5	\$3.50
Grades 6-12	\$3.75
Reduced (all grades)	\$0.40

2024-2025 A la Carte Prices

Adult Lunch	\$7.00
Lunch + Add'l Entree	\$2.25
Extra Fruit/Veggie	\$1.00
Extra Milk	\$1.00

TUESDAY 1



WEDNESDAY 2



THURSDAY 3



FRIDAY 4



MONDAY 7

- (1) Teriyaki Chicken w/ Rice
 (2) Pasta w/ Meatballs
Variety of Fruit
 Seasoned Green Beans
 Honey Glazed Carrots
 Variety of Milk

TUESDAY 8

- (1) Chicken Parmesan w/ Breadstick
 (2) Ham & Cheese Sandwich
Variety of Fruit
 Seasoned Roasted Broccoli
 Seasoned Corn
 Variety of Milk

WEDNESDAY 9

- (1) Soft Tacos
 (2) Cheese Quesadilla
Variety of Fruit
 Seasoned Black Beans
 Shredded Lettuce + Tomato
 Variety of Milk

THURSDAY 10

- (1) Chicken + Waffles
 (2) Grilled Cheese
Variety of Fruit
 Tater Tots
 Sliced Cucumbers
 Variety of Milk



FRIDAY 11

- (1) Whole Grain Pizza
 (2) Hamburger
Variety of Fruit
 Romaine Side Salad
 Crinkle Cut Fries
 Variety of Milk

MONDAY 14



TUESDAY 15

- (1) Hotdog
 (2) Sloppy Joe
Variety of Fruit
 Seasoned Roasted Broccoli
 Seasoned Corn
 Variety of Milk

WEDNESDAY 16

- (1) Bean & Cheese Burrito
 (2) Chicken Fajitas
Variety of Fruit
 Seasoned Black Beans
 Shredded Lettuce + Tomato
 Variety of Milk

THURSDAY 17

- (1) Ham & Cheese Croissant
 (2) Breakfast for Lunch
Variety of Fruit
 Tater Tots
 Sliced Cucumbers
 Variety of Milk

FRIDAY 18

- (1) Macaroni + Cheese
 (2) Italian Meatball Sub
Variety of Fruit
 Romaine Side Salad
 Crinkle Cut Fries
 Variety of Milk

MONDAY 21

- (1) Beef + Broccoli
 (2) Orange Chicken
 Fried Rice (w/ either entrée)
Variety of Fruit
 Seasoned Green Beans
 Honey Glazed Carrots
 Variety of Milk

TUESDAY 22

- (1) Chicken Alfredo
 (2) Turkey Club Sub
Variety of Fruit
 Seasoned Roasted Broccoli
 Seasoned Corn
 Variety of Milk

WEDNESDAY 23

- (1) Nachos Supreme
 (2) Taco Salad
Variety of Fruit
 Seasoned Black Beans
 Shredded Lettuce + Tomato
 Variety of Milk

THURSDAY 24

- (1) Pasta w/ Peas
 (2) Sorrentina-Style Chicken Cutlet w/ Cheese & Ham
Variety of Fruit
 Baked Asparagus
 Vegetable Pinzimonio
 Variety of Milk
 Apricot tart

FRIDAY 25

- (1) Whole Grain Pizza
 (2) Hamburger
Variety of Fruit
 Romaine Side Salad
 Crinkle Cut Fries
 Variety of Milk

MONDAY 28

- (1) Teriyaki Chicken w/ Rice
 (2) Pasta w/ Meatballs
Variety of Fruit
 Seasoned Green Beans
 Honey Glazed Carrots
 Variety of Milk

TUESDAY 29

- (1) Chicken Parmesan w/ Breadstick
 (2) Ham & Cheese Sandwich
Variety of Fruit
 Seasoned Roasted Broccoli
 Seasoned Corn
 Variety of Milk

WEDNESDAY 30

- (1) Soft Tacos
 (2) Cheese Quesadilla
Variety of Fruit
 Seasoned Black Beans
 Shredded Lettuce + Tomato
 Variety of Milk



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