

April 2016

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Low fat milk available with each meal</i></p> <p><i>*Wh. = Whole</i></p>		<p>Menu approved by: Registered Dietitian Jon Vredenburg and may be subject to change.</p>		<p>1 Spaghetti w/ Meatballs Stewed Tomatoes Flat Beans Wh. Grain Bread Chocolate Chip Cookie</p>
<p>4 Char-grilled Beef w/ Sauce P'apple & Oranges Green Beans Wh. Grain Bread Mini Moon Pie</p>	<p>5 Chicken w/ Yellow Rice Pinto Beans & Tomatoes Corn Wh. Grain Bread Mixed Fruit Cup</p>	<p>6 Sliced Turkey w/ Cran-Raspberry Sauce Broc. Primavera Zucchini & Corn Wheat Bread Graham Crackers</p>	<p>7 Beef Patty w/ Herbed Gravy Garlic Potatoes Squash & Green Beans Wh. Grain Bread Citrus Cup</p>	<p>8 Sweet Potato Pollack Nuggets Stewed Tomatoes w/ Turkey Ham Succotash Wh. Grain Bread Cookie</p>
<p>11 Turkey Sausage w/ Tomatoes, Peppers & Onions over Pasta Apple Raisin Dessert Wheat Bread</p>	<p>12 Batter-Dipped Fish Nuggets Garlic Potatoes Carrots Rye Bread Citrus Fruit Cup</p>	<p>13 Chicken w/ Tropical Sauce Succotash Applesauce Wh. Grain Bread Graham Crackers</p>	<p>14 BBQ Pork Riblet Baked Beans Corn White Bread Fresh Fruit in Season</p>	<p>15 Meatloaf w/ Brown Gravy Skin-on Potatoes Stewed Tomatoes Wh. Grain Bread Pineapple Cup</p>
<p>18 Chicken Breast Patty over Rice Black Beans & Tomatoes Mixed Veggies Peach Cup Wheat Bread</p>	<p>19 Macaroni & Cheese Seasoned Carrots Green Peas Pineapple Cup Wh. Grain Bread</p>	<p>20 Egg Patty w/ Sausage Hash Brown Patty Maple-Cinnamon Apples Graham Crackers Wh. Grain Bread</p>	<p>21 Sliced Turkey w/ C'bread Dressing Butternut Squash Flat Beans Wh. Grain Bread Citrus Cup</p>	<p>22 Beef Patty w/ Onion Gravy Mashed Potatoes Rutabaga Hamburger Bun Cake and Ice Cream</p>
<p>25 Mac & Beef Casserole Spinach California Veggies Mixed Fruit Cup White Bread</p>	<p>26 Meatloaf w/ Sofrito Diced Potatoes Butternut Squash Wh. Grain Bread* Mini Moon Pie</p>	<p>27 Sesame Chicken Broccoli & Carrots Cauliflower w/ Red Pepper Wh. Grain Bread Graham Crackers Pineapple Cup</p>	<p>28 Southern Style Fish Nuggets Carrots Country Potatoes Wh. Grain Bread Citrus Cup</p>	<p>29 Spaghetti w/ Meatballs Stewed Tomatoes Flat Beans Wh. Grain Bread Cake and Ice Cream</p>