



Lunch Menu

April 2019

This institution is an equal opportunity provider.

Approved by Barbara Myers RD, LD/N

Serving Sizes are as follows:

1-2 Year Olds – m/ma 1oz, fruit ¼ c, vegetable ¼ c, grain ½ oz, 4oz Plain Whole Milk

3-5 Year Olds – m/ma 1.5oz, fruit ¼ c, vegetable ¼ c, grain ½ oz, 6oz Plain 1% Milk

School Age – m/ma 2oz, fruit ½ c, vegetables ¾ c, grain 1oz, 8oz Plain 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
April 1 Tuna Salad WG Pita Bread Vegetable Fruit Milk (Lentil Salad) V	April 2 WG Chicken Nuggets Ketchup Vegetable Fruit Milk (Garbanzo Beans) V	April 3 Breakfast Burrito Egg Scramble w/ Cheddar Cheese WG Flour Tortilla Salsa Vegetable Fruit Milk	April 4 Mac & Cheese WG Pasta w/Cheese Sauce Vegetable Fruit Milk	April 5 Southwest Layer Dip w/ refried beans, cheddar cheese, sour cream, salsa WG Tortilla Chips Fruit Milk
April 8 Balsamic Chicken Brown Rice Vegetable Fruit Milk (Balsamic Tofu) V	April 9 Beef Burrito Shredded Cheddar Cheese WG Flour Tortilla Vegetable Fruit Milk (Veggie Burger) V	April 10 Egg Salad Sandwich WG Hoagie Roll Vegetable Fruit Milk (Cheese Sandwich) V "NATIONAL EGG SALAD WEEK"	April 11 BBQ Meatballs WG Dinner Roll Vegetable Fruit Milk (Veggie Burger) V	April 12 WG Pasta w/ Meat Sauce Vegetable Fruit Milk (Pasta w/ Beans and Marinara Sauce) V
April 15 Baked Ham Brown Rice Vegetable Fruit Milk (Veggie Burger) V "National Spiral Ham Day"	April 16 Turkey and American Cheese Wrap WG Flour Tortilla Vegetable Fruit Milk (Cheese Sandwich) V	April 17 Chicken Broccoli Alfredo WG Pasta Fruit Milk (Tofu Broccoli Alfredo) V	April 18 Beef BBQ WG Sandwich Roll Vegetable Fruit Milk (Veggie Bean BBQ) V	April 19 Turkey Sausage English Muffin w/ Fruit Spread Vegetable Fruit Milk (Veggie Burger) V
April 22 Beef BBQ Rib Whole Wheat Bread Vegetable Fruit Milk	April 23 Turkey Ham and American Cheese WG Hoagie Roll Mayo Vegetable Fruit Milk (Cheese Sandwich) V "NATIONAL PICNIC DAY"	April 24 American Chop Suey Ground Beef, WG Macaroni, Tomatoes and Sauce Vegetable Fruit Milk (Spanish Tofu) V	April 25 Baked Potato WG Dinner Roll Shredded Cheddar Cheese Diced Turkey Ham Vegetable Fruit Milk (Cheddar Cheese) V	April 26 Breaded Chicken Snack Wrap WG Flour Tortilla Lite Mayo, Shredded Cheddar Cheese Vegetable Fruit Milk (Falafel Snack Wrap) V
April 29 Hummus w/ Dippers Pita Bread Veggie Sticks Fruit Milk	April 30 Chicken Taco WG Flour Tortilla Shredded Cheddar Cheese Sour Cream Vegetable Fruit Milk (Cheese Quesadilla) V			

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges,

Mangos