



Wheat & Soy Free Lunch Menu

APRIL 2021

This institution is an equal opportunity provider.

Approved by Barbara Myers RD, LD/N

Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit ¼ c, vegetable ¼ c, grain 1oz, 4oz Plain Whole Milk
(menu modifications in italics)

24months – 36months Old - m/ma 1oz, Fruit ¼ c, vegetable ¼ c, grain 1oz, 4oz Plain 1% Milk
(menu modifications in italics)

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
			<p align="center">April 1</p> <p>Grilled Chicken Rice Cooked Carrots Fruit Milk</p>	<p align="center">April 2</p> <p>WowButter & Grape Fruit Spread on Gluten Free Bread Carrot Sticks (Peas) Fruit Milk *National Peanut Butter & Jelly Day**</p>
<p align="center">April 5</p> <p>Turkey Sausage Rice Breakfast Potatoes Fruit Milk</p>	<p align="center">April 6</p> <p>Grilled Chicken Rice Cooked Carrots Fruit Milk</p>	<p align="center">April 7</p> <p>Rice w. Meat Sauce Green Beans Fruit Milk</p>	<p align="center">April 8</p> <p>BBQ Chicken Rice Potato Wedges Fruit Milk</p>	<p align="center">April 9</p> <p>Turkey on Gluten Free Bread Side Garden Salad (<i>Diced and Peeled Cucumber</i>) Fruit Milk</p>
<p align="center">April 12</p> <p>Beef BBQ Rice Mixed Veg Fruit Milk</p>	<p align="center">April 13</p> <p>Grilled Chicken Rice Carrot Sticks (peas) Fruit Milk</p>	<p align="center">April 14</p> <p>100% Ground Beef Patty Rice Potato Wedges Ketchup Fruit Milk</p>	<p align="center">April 15</p> <p>Rice w. Meat Sauce Cooked Broccoli Fruit Milk</p>	<p align="center">April 16</p> <p>Turkey on Gluten Free Bread Tomato/Cucumber Salad Fruit Milk</p>
<p align="center">April 19</p> <p>Beef BBQ Rice Corn Fruit Milk</p>	<p align="center">April 20</p> <p>Grilled Chicken Rice Carrot Sticks (peas) Fruit Milk</p>	<p align="center">April 21</p> <p>Rice w. Meat Sauce Green Beans Fruit Milk</p>	<p align="center">April 22</p> <p>Grilled Chicken Rice Potato Wedges Fruit Milk</p>	<p align="center">April 23</p> <p>Turkey Ham Carrot Sticks(Peas) Fruit Milk</p>
<p align="center">April 26</p> <p>Turkey Sausage Rice Breakfast Potatoes Fruit Milk</p>	<p align="center">April 27</p> <p>Turkey Ham on Gluten Free Bread Carrot Sticks (peas) Fruit Milk</p>	<p align="center">April 28</p> <p>Beef Chili Brown Rice Cauliflower Fruit Milk</p>	<p align="center">April 29</p> <p>Grilled Chicken Rice Carrot Sticks (peas) Fruit Milk</p>	<p align="center">April 30</p> <p>Garden Salad w/ Grilled Chicken Dinner Roll Fruit Milk</p>

WG = Whole Grain

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