

Main Lunch Menu – Dairy & Egg Free April 2024

This institution is an equal opportunity provider. Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain Whole Milk

Alternative (menu modifications in italics)

24months – 36 months Old - m/ma 1oz, Fruit 1/8 c, vegetable 1/8 c, grain ½ oz, 4oz Plain 1% Milk Alternative (menu modifications in italics) 3–5-Year-Old – m/ma 1.5oz, Fruit ¼ c, vegetable ¼ c, grain ½ oz, 6oz 1% Plain Milk Alternative

School Age – m/ma 2oz, fruit ¼ c, vegetables ½ c, grain 1oz, 8oz 1% Plain or Chocolate Milk Alternative

April 1 Turkey Sandwich on WW Bread Carrot Sticks (Cooked Carrots) Fruit Milk Alternative April 8 Turkey Sandwich on WW Bread Carrot Sticks	April 2 SunButter & Fruit Spread Sandwich on WW bread Tomato/Cucumber Salad Fruit Milk Alternative National PB & J Day! April 9 WG Chicken Fingers Sweet Potato Tots Fruit Milk Alternative	April 3 Beef Chili WG Dinner Roll Fruit Milk Alternative April 10 Beef BBQ Brown Rice	April 4 Pasta w. Meat Sauce Mixed Vegetables Pineapple Milk Alternative April 11 Turkey Burger	April 5 Grilled Chicken Brown Rice Fresh Broccoli (Peas) Fruit Milk Alternative April 12 Sunbutter & Jelly Sandwich
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(Cooked Carrots) Fruit Milk Alternative April 8 Turkey Sandwich on WW Bread	Tomato/Cucumber Salad Fruit Milk Alternative National PB & J Day! April 9 WG Chicken Fingers Sweet Potato Tots Fruit	Fruit Milk Alternative April 10 Beef BBQ Brown Rice	Pineapple Milk Alternative April 11 Turkey Burger	Fresh Broccoli (Peas) Fruit Milk Alternative April 12
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•	Sweet Potato Tots Fruit	Brown Rice	, ,	Sunbutter & Jelly Sandwich
Carrot Sticks	Fruit		W66 1:18 II	
			WG Sandwich Roll	Tomato and Cucumber Salad
(Cooked Carrots)	Milk Alternative	Carrot Sticks (Carrots)	Green Beans	(Peeled and Diced Tomato
Fruit	-	Fruit	Fruit	Cucumber Salad)
Milk Alternative	1	Milk Alternative	Milk Alternative	Fruit
				Milk Alternative
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April 15	April 16	April 17	April 18	April 19
Turkey Sandwich on WW Bread	Pasta w. Meat Sauce	Chicken BBQ	Sunbutter & Jelly Sandwich	Grilled Chicken
Carrot Sticks (Cooked Carrots)	Mixed Vegetables	Brown Rice	Broccoli (Peas)	Rice
Fruit	Fruit	Diced Cucumbers (Peas)	Fruit	Green Beans (School Age)
Milk Alternative	Milk Alternative	Fruit	Milk Alternative	Fruit
		Milk Alternative		Milk Alternative
April 22	April 23	April 24	April 25	April 26
Turkey Sandwich on WW Bread	Beef BBQ	Grilled Chicken	Taco Beef	Grilled Chicken
Carrot Sticks (Cooked Carrots)	WG Bun	Red Beans & Bown Rice	WG Flour Tortilla	WG Pasta w/Marinara
Fruit	Peas	Fruit	Corn & Black Bean Salad	Diced Cucumber (Green Beans)
Milk Alternative	Fruit	Milk Alternative	Fruit	Fruit
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April 29	April 30	May 1	May 2	May 3
Turkey Ham on WG Bun	Chicken, Brown Rice	Hamburger Slider	Turkey Sausage	Grilled Chicken
Carrot Sticks (Cooked Carrots)	Peas	WG Bun	Vegan French Toast	Rice
Fruit	Fruit	Green Beans	Broccoli (Potatoes)	Mixed Veg
Milk Alternative	Milk Alternative	Fruit	Fruit	Fruit
	National Oatmeal Cookie Day	Milk Alternative	Milk Alternative	Milk Alternative

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