



Main Lunch Menu – Wheat & Soy 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

(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 *(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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>April 1 Turkey Sandwich on GF Bread Carrot Sticks (Cooked Carrots) Fruit Milk</p>	<p>April 2 SunButter & Fruit Spread Sandwich on GF bread Tomato/Cucumber Salad Fruit Milk</p> <p>National PB & J Day!</p>	<p>April 3 Beef Chili GF Dinner Roll Fruit Milk</p>	<p>April 4 GF Pasta w. Meat Sauce Mixed Vegetables Pineapple Milk</p>	<p>April 5 Grilled Chicken Brown Rice Fresh Broccoli (Peas) Fruit Milk</p>
<p>April 8 Turkey Sandwich on GF Bread Carrot Sticks (Cooked Carrots) Fruit Milk</p>	<p>April 9 Grilled Chicken Rice Sweet Potato Tots Fruit Milk</p>	<p>April 10 Beef BBQ Brown Rice Carrot Sticks (Carrots) Fruit Milk</p>	<p>April 11 Turkey Burger GF Sandwich Roll Green Beans Fruit Milk</p>	<p>April 12 Sunbutter & Jelly Sandwich on GF Bread Tomato and Cucumber Salad (Peeled and Diced Tomato Cucumber Salad) Fruit Milk</p>
<p>April 15 Turkey Sandwich on GF Bread Carrot Sticks (Cooked Carrots) Fruit Milk</p>	<p>April 16 GF Pasta w. Meat Sauce Mixed Vegetables Fruit Milk</p>	<p>April 17 Chicken BBQ Brown Rice Diced Cucumbers (Peas) Fruit Milk</p>	<p>April 18 Sunbutter & Jelly Sandwich on GF Bread Broccoli (Peas) Fruit Milk</p>	<p>April 19 Grilled Chicken Rice Green Beans (School Age) Fruit Milk</p>
<p>April 22 Turkey Sandwich on GF Bread Carrot Sticks (Cooked Carrots) Fruit Milk</p>	<p>April 23 Beef BBQ GF Bun Peas Fruit Milk</p>	<p>April 24 Grilled Chicken Red Beans & Bown Rice Fruit Milk</p>	<p>April 25 Taco Beef Rice Corn & Black Bean Salad Fruit Milk</p>	<p>April 26 Grilled Chicken GF Pasta w/Marinara Diced Cucumber (Green Beans) Fruit Milk</p>
<p>April 29 Turkey Ham on GF Bun Carrot Sticks (Cooked Carrots) Fruit Milk</p>	<p>April 30 Chicken, Brown Rice Peas Fruit Milk National Oatmeal Cookie Day</p>	<p>May 1 100% Beef Patty GF Bun Green Beans Fruit Milk</p>	<p>May 2 Turkey Sausage Rice Broccoli (Potatoes) Fruit Milk</p>	<p>May 3 Grilled Chicken Rice Mixed Veg 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