



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

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