

APRIL 2024



MAKE YOUR LUNCH RESERVATIONS  
AT LEAST ONE BUSINESS DAY  
IN ADVANCE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4/1</b> Chicken Parmesan over Spaghetti Marinara <u>Spinach</u> C Cauliflower Roll w/Butter Seasonal Fresh Fruit	<b>4/2</b> White Bean Turkey Chili w/Shredded Cheese over Brown Rice C Broccoli Mixed Green Salad w/Dressing Seasonal Fresh Fruit	<b>4/3</b> Meatloaf w/Gravy C Mashed Potatoes <u>Peas &amp; Carrots</u> Whole Wheat Roll w/Butter Cinnamon Applesauce	<b>4/4</b> Baked Tilapia w/Lemon Caper Sauce Lentil Soup <u>Scandinavian Vegetables</u> Rice Pilaf C Fresh Orange Sherbet	<b>4/5</b> + Pork Carnitas w/Salsa & Sour Cream Hearty Vegetable Soup C Cilantro Coleslaw Tortilla Juice Brownie
<b>4/8</b> Mock Crab Salad Sandwich w/Lettuce, Tomato, & Onion on Whole Wheat Bread Split Pea Soup 4 Bean Salad w/ <u>Carrots</u> C Juice Cookie	<b>4/9</b> Bean & Cheese Burrito w/Enchilada Sauce and Shredded Cheese C Fiesta Vegetables Mexicali Corn <u>Apricots</u>	<b>4/10</b> Teriyaki Chicken Egg Drop Soup Asian Brown Rice C Stir Fry Vegetables Seasonal Fresh Fruit Pudding	<b>4/11</b> BBQ Pork Riblet Sandwich on a Bun C Coleslaw <u>Spinach Salad</u> w/Dressing Seasonal Fresh Fruit	<b>4/12</b> Spaghetti with Meat Sauce and Parmesan Cheese C Winter Vegetables Whole Wheat Roll w/Butter Seasonal Fresh Fruit
<b>4/15</b> Turkey Pasta Salad over Mixed Greens Potato Leek Soup Marinated Beets & Onions Whole Wheat Roll w/Butter C Tropical Fruit	<b>4/16</b> Tuna Salad Sandwich w/ Lettuce, Tomato, Onion on Whole Wheat Bread Chicken Noodle Soup Garden Pea Salad C Fresh Orange Cookie	<b>4/17</b> Pork al Pastor w/Salsa Mexicali Corn C Cilantro Coleslaw w/ <u>Carrots</u> Spanish Brown Rice Seasonal Fresh Fruit	<b>4/18</b> Beef Stroganoff w/Whole Grain Penne <u>Bean Medley</u> Mixed Green Salad w/Dressing Gelatin C w/Mandarin Oranges	<b>4/19</b> Szechuan Chicken over Asian Rice Bok Choy Soup <u>Mixed Vegetables</u> C Citrus Fruit
<b>4/22</b> Meatballs w/Marinara Sauce over Whole Grain Spaghetti C California Vegetables <u>Spinach Salad</u> w/Dressing Seasonal Fresh Fruit	<b>4/23</b> Pork Fried Rice Asian Vegetable Soup <u>Carrot Raisin Salad</u> C Juice Ice Cream	<b>4/24</b> Breaded Fish w/Lemon and Tartar Sauce Clam Chowder Green Beans Cheesy Scalloped Potatoes C Fresh Orange	<b>4/25</b> Chicken Fettuccine w/Alfredo Sauce and Parmesan Cheese <u>Italian Vegetables</u> Tossed Salad w/Dressing C Tropical Fruit	<b>4/26</b> Turkey Tamale Pie w/Cornbread Topping C Fiesta Vegetables Seasonal Fresh Fruit Pudding
<b>4/29</b> + Ham & Swiss Cheese Sandwich w/Lettuce, Tomato, Onion, Mayo, and Mustard Minestrone Soup C Creamy Coleslaw Whole Wheat Bread <u>Apricots</u>	<b>4/30</b> Roasted Chicken w/Gravy C Mashed Potatoes <u>Scandinavian Vegetables</u> Whole Wheat Roll w/Butter Seasonal Fresh Fruit			

All meals served with  
lowfat milk.

2 DAILY ALTERNATIVE ENTRÉE CHOICES:  
VEGETARIAN OR FEATURED ENTRÉE SALAD  
(ASIAN CHICKEN).

Vitamin A  
—  
C Vitamin C

+ Higher in sodium