

APRIL 2014 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 BBQ Chicken Sandwiches on Wheat Roll Tossed Salad Apples	2 Cheesy Vegetable Lasagna Tossed Salad Oranges	3 Spaghetti with Meat Sauce Tossed Salad Grapefruit	4 Beef Stew with Veggies Wheat Roll Grapes
7 Goulash with Elbow Macaroni Apples	8 Shredded BBQ Beef Sandwiches on Wheat Roll Coleslaw Oranges	9 Italian Pork Cupboard Soup Breadstick Apples	10 Beef Tips and Wheat Noodles Roasted Veggies Grapefruit	11 Turkey Chili Cornbread Mango
14 Pork Roast, Potatoes, Carrots, Sweet Potato Bake Dime Roll	15 Italian Chicken Pasta Tossed Salad Pineapple	16 Turkey Wild Rice Casserole Roasted Veggies Grapes	17 Black Bean & Cheese Quesadillas Coleslaw Grapefruit	18 Beefy Macaroni Tossed Salad Oranges
21 Chicken Florentine Casserole Breadsticks Grapes	22 Grilled Cheese Sammies Spinache Salad Apples	23 Pork Loin, Brown Rice, and Zucchini Stir Fry Grapefruit	24 Southwestern Pizza Tossed Salad Mango	25 Beef Ragout with Spiral Pasta Honeydew
28 Chicken Vegetable Soup Dinner Roll Mango	29 Whole Wheat Bagel, Sliced Turkey, Tomato, Cucumber Sandwich with Cream Cheese Cantaloupe	30 Tamale Pie Pepper Slices Honeydew		

All fruits and vegetables are fresh. Any grain will be whole wheat or multi-grain. All milk based products such as cheeses are 2%. All meats should be lean cut and low sodium. Any dip will be low fat or fat free. All snacks served with water unless otherwise noted.