

APRIL 2013 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken and Veggie Soup, Garlic Breadstick & Kiwi	2 Beef Tips With Demi Glaze Spinach Salad with Grapes	3 Chef Salad, Whole Wheat Roll and Orange Slices	4 Beef Bolognese With Tomato, Squash, Zucchini & Broccoli over Penne & Apples Slices	5 Taco Salad with Ground Beef in Mini Bowl and Cantaloupe
8 Cream of Potato Soup Cheese Slices ,Wheat Crackers and Kiwi	9 Broccoli Pepper Egg Strata and Grapes	10 Jamaican Jerk Beef Salad, Wheat Roll and Apple Slices	11 Chicken & Noodles with Carrots and Celery with Grapefruit	12 Turkey BLT's, Pepper Slices and Fruit Salad
15 French Toast Casserole, Turkey Sausage with Bananas & Kiwi	16 Citrus Chicken Salad, Whole Wheat Breadsticks and Fruit Salad	17 Grilled Tuna Patty, Marinated Veggie Salad, Wheat Roll & Grapes	18 Cheese Quesadilla on Whole Wheat Tortilla, Mango Black Bean Salad	19 Cobb Salad with Whole Wheat Bread Knot and Fresh Fruit
22 On the Go Peanut Butter & Banana Wraps, Snap Peas	23 Turkey & Broccoli Pasta with Light Alfredo and Grapes	24 Sweet & Sour Chicken, Stir Fry Veggies Brown Rice and Spring Fruit	25 Ground Beef Tacos with Lettuce, Tomato and Cheese with Apple Slices	26 Chicken, Cranberry, Walnut, Orange, Spinach Salad with Garlic Breadstick
29 Deceptively Delicious® Tuna Sandwich , Pepper Strips and Cantaloupe	30 Broccoli and Chick Pea Salad, Garlic Breadstick and Spring Fruit			

*All fruits and vegetables are fresh. Any grain should 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 should be low fat or fat free. All meals served with milk.