


APRIL 2012 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Tuscan Style Tuna Salad Sandwich on Whole Wheat Bread w/ Honey Glazed Carrots and Toasted Pecans with Kiwi and Bananas	3 Pork & Veal Mock Chicken Legs, Mixed Green Salad w/ Poppy Seed Vinaigrette, Breadsticks and Grapes	4 Cheese and Shredded Chicken Quesadilla's on Whole Wheat Tortilla with Fresh Salsa and Fruit Salsa	5 Hand Breaded Chicken Strips w/ Honey Mustard Sauce, Wh. Wh. Bread, Green Bean & Cherry Tomato Sautee, Cantaloupe	6 Turkey Lunch Box Wrap, Baked Vegetable Chips (Sweet Potatoes, Potatoes, Zucchini) and Strawberries
9 Sweet and Sour Turkey, Mushroom & Pea Stir Fry with a Whole Wheat Roll and Orange Slices	10 Oven Glazed Chicken Breast on Mixed Green Bed of Lettuce with Red & Yellow Pepper Strips, Garlic Toast, Pineapple	11 Chef Salad, Cheesy Breadstick Twists and Mixed Fruit Medley	12 French Toast Sticks with Dipping Syrup, Turkey Sausage and Strawberry and Banana Slices	13 Beef Meatloaf, Mixed Veggie Rice, Spinach & Walnut Salad w/ Raspberry Vinaigrette, Apple w/ Cinn.Glaze
16 Oven Roasted Chicken Nachos w/ Homemade Whole Chips and Guacamole, with Cantaloupe and Grapes	17 Teriyaki Cashew Beef Over Brown Rice Pilaf, Honey Dew Mango Salad with Broccoli and Cashews	18 BBQ Turkey Sandwich with Cucumber and Tomato Salad	19 Fruit and Peanut Butter Pita with Carrot and Celery Sticks	20 Meaty Marinara Over Rotini Pasta, Mixed Green Salad with Sweet Italian Parmesan Bread Knot with Cuties
23 Turkey on Whole Wheat Bun w/ Avocado, Lettuce & Tomato, Marinated Cucumber & Onions and Pineapples	24 Taco Salad with Browned Hamburger, Spanish Brown Rice and Kiwi-Strawberry Combo	25 Chicken and Bacon on Whole Wheat Bread, Broccoli & Cherry Tomato Sautee w/ Apples & Peanut Butter	26 Oven Roasted Chicken Drumsticks, Rotini Pasta, Green Bean Almondine, Mangos and Grapes	27 Breaded Backed Pork Chops, Steamed Mixed Vegetables, Wheat Roll and Apple Puree
30 Chicken Noodle Soup, Three Bean Salad with Vinaigrette and Fruit Salad				 <p>Catering for a Cause</p>

*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.