

Month of: April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>L:</b> Turkey Ground, Rolls - Wheat, Peas and Carrots, Applesauce, Lowfat Milk - 1%  Turkey Shepherd's Pie  <b>D:</b> Beef Ground, Rolls - Wheat, Black Beans, Applesauce, Lowfat Milk - 1%  Three Bean Stew	<b>4</b> <b>L:</b> Beef Ground, Rolls - Wheat, Black Beans, Applesauce, Lowfat Milk - 1%  Three Bean Stew w/Roll  <b>D:</b> Chicken, Breast Meat, Brown Rice, WG (1oz/28g) (WG), Chickpeas/Hummus, Peaches / Nectarines, Lowfat Milk - 1%  Butter Chicken over rice	<b>5</b> <b>L:</b> Chicken, Breast Meat, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Chickpeas/Hummus, Mixed Fruit, Lowfat Milk - 1%  Butter Chicken over rice  <b>D:</b> Cheddar Cheese, Macaroni Noodles (1oz eq/28g)(WG), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1%  Mac and Cheese With Mixed Vegetables	<b>6</b> <b>L:</b> Cheddar Cheese, Macaroni Noodles (1oz eq/28g), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1%  Mac and Cheese With Mixed Vegetables  <b>D:</b> Chicken, Breast Meat, Brown Rice, WG (1oz/28g) (WG), Tomatoes Fresh, Stewed, Tropical Fruit, Lowfat Milk - 1%  Southwestern Chicken With Corn, Black Beans and Mexican Rice	<b>7</b> 
<b>10</b> <b>L:</b> Chicken, Breast Meat, Brown Rice, WG (1oz/28g) (WG), Black Beans, Applesauce, Lowfat Milk - 1%  Southwestern Chicken w/Corn, Black beans and Mexican Rice  <b>D:</b> Beef Ground, Rolls-WGR(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1%  Chili w/roll	<b>11</b> <b>L:</b> Beef Ground, Rolls-WGR(WG), Mixed Vegetables, Peaches / Nectarines, Lowfat Milk - 1%  Chili w/Roll  <b>D:</b> Chicken, Breast Meat, Rice (1oz eq/28gm/1/2c), Broccoli, Peaches / Nectarines, Lowfat Milk - 1%  Teriyaki Chicken and Veggies over Rice.	<b>12</b> <b>L:</b> Chicken, Breast Meat, Rice (1oz eq/28gm/1/2c), Broccoli, Mixed Fruit, Lowfat Milk - 1%  Teriyaki Chicken and Veggies over Rice.  <b>D:</b> Beef Ground, Brown Rice, WG (1oz eq/28 gm/1/2c) (WG), Mixed Vegetables, Tropical Fruit, Lowfat Milk - 1%  Caribbean Beef and Gravy over Rice	<b>13</b> <b>L:</b> Beef Ground, Brown Rice, WG (1oz eq/28 gm/1/2c) (WG), Mixed Vegetables, Tropical Fruit, Lowfat Milk - 1%  Caribbean Beef and Gravy over Rice.  <b>D:</b> Chicken, Breast Meat, Rolls-100% Whole Wheat(WG), Potatoes, Red/White, Pears, Lowfat Milk - 1%  Chicken and Corn Chowder	<b>14</b> <b>L:</b> Chicken, Breast Meat, Rolls-100% Whole Wheat(WG), Potatoes, Red/White, Tropical Fruit, Lowfat Milk - 1%  Chicken and Corn Chowder w/Roll  <b>D:</b> Beef Ground, Cornbread/Corn Muffin - WGR (1oz/34g)(WG), Black Beans, Tropical Fruit, Lowfat Milk - 1%  Beef and Bean Tamale Pie.

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17	L: Beef Ground, Cornbread/Corn Muffin - WGR (1oz/34g)(WG), Black Beans, Applesauce, Lowfat Milk - 1% Beef and Bean Tamale Pie	18	L: BBQ - Chicken, Buns - Whole Grain (1oz/28g)(WG), Cabbage, Red / White / Cole Slaw, Peaches / Nectarines, Lowfat Milk - 1% BBQ Chicken Sandwich with Cabbage Slaw	19	L: Turkey Roast, Egg Noodles (1ozeq/28gm), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1% Turkey Stroganoff	20	L: Great Northern Beans, Rolls-WGR(WG), Mixed Vegetables, Tropical Fruit, Lowfat Milk - 1% Veggie Soup w/Roll	21	
D: BBQ - Chicken, Buns - Whole Grain (1oz/28g)(WG), Cabbage, Red / White / Cole Slaw, Applesauce, Lowfat Milk - 1% BBQ Chicken Sandwich with Cabbage slaw	D: Turkey Roast, Egg Noodles (1ozeq/28gm), Mixed Vegetables, Peaches / Nectarines, Lowfat Milk - 1% Turkey Stroganoff	D: Great Northern Beans, Rolls-WGR(WG), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1% Veggie Soup w/ Roll	D: Beef Ground, Noodles - Other(WG), Garden Salad, Tropical Fruit, Lowfat Milk - 1% Rotini with Meat Sauce						
24	L: Beef Ground, Noodles other (1oz eq/28gm)(WG), Garden Salad, Applesauce, Lowfat Milk - 1% Rotini With Meat Sauce	25	L: Chicken, Breast Meat, Tortillas - 100% Whole Wheat (1oz/28g)(WG), Black Beans, Peaches / Nectarines, Lowfat Milk - 1% Chicken Fajitas	26	L: Beef Ground, Buns - Whole Wheat WG (1oz/28g)(WG), Tomato Sauce / Paste, Mixed Fruit, Lowfat Milk - 1% Sloppy Joe	27	L: Turkey Breast, Brown Rice, WG (1oz/28g)(WG), Green Beans, Tropical Fruit, Lowfat Milk - 1% Turkey and Gravy	28	L: American Cheese (100% cheese), Bread - 100% Whole Wheat(WG), Tomato Soup, Pear, canned #10, Lowfat Milk - 1% Grilled Cheese sandwich and Tomato Soup
D: Chicken, Breast Meat, Tortillas - 100% Whole Wheat (1oz/28g)(WG), Black Beans, Applesauce, Lowfat Milk - 1% Chicken Fajitas	D: Beef Ground, Buns - Whole Wheat WG (1oz/28g)(WG), Tomato Sauce / Paste, Peaches / Nectarines, Lowfat Milk - 1% Sloppy Joe	D: Turkey Breast, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Green Beans, Mixed Fruit, Lowfat Milk - 1% Turkey and Gravy	D: Chicken, Breast Meat, Noodles - Other, Peppers, Red, Tropical Fruit, Lowfat Milk - 1% Chicken Stir Fry w/ Sesame noodles	D: Cheddar Cheese, Macaroni Noodles (1oz eq/28g), Mixed Vegetables, Pear, canned #10, Lowfat Milk - 1% Mac and Cheese with Mixed veggies.					