

# APRIL LUNCH 2024

## Table of Measurements

- Breakfast:**

-milk, juice, fruit, vegetable  
grain, bread

- Lunch**

Milk, fluid, meat, 1st fruit/  
vegetable, 2nd fruit/  
vegetable, grain, bread

- P.M Snack**

Milk, fluid, meat/meat  
alternate, grain, bread, juice,  
vegetable, fruit, bread

Key:

Bread— 2 slices  
Veggies/fruit—1/2 cup  
Protein—3 oz.

Entrée, Casserole, and or soup—  
1 cup

Skim or Fat Free Milk/fluid—8  
oz.

**\*Entrée Alternative**

**PBJ or Cheese Sandwich**

**Menu is Subject to Change!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Veggie Soup, pimento cheese on wheat, tropical fruit salad, saltines Milk	2 Coney dog on bun, broccoli w/ cheese sauce, honey glazed carrots and Milk	3 Oven fried chicken, baked beans, red skin potato salad, Wheat Butter-Butter Milk	4 Broccoli chicken quesadilla, Mexican rice, refried beans and Milk	5 Meatloaf, mashed potatoes, green beans, wheat bread and Milk
Calories: 798	Calories: 603	Calories: 549	Calories: 668	Calories: 545
8 closed for eclipse	9 Chili w/beef, corn chips, PBJ on wheat, fruit cocktail and Milk	10 Breaded tenderloin on bun, lettuce, tomato, onion, oven fries, sliced pears and Milk	11 Beef goulash, mozzarella stick, buttered corn, hot cinnamon apples and Milk	12 Oven pork chop, stuffing, candied sweet potato, cinnamon applesauce, Milk
Calories:	Calories: 795	Calories: 700	Calories: 727	Calories: 728
15 Chicken and noodles, mashed potatoes, green beans Wheat Bread-Butter Milk	16 Honey mustard glazed chicken leg, cheesy mashed potato, buttered peas, wheat bread and Milk	17 brown bag lunch—chicken salad, crackers, Jello w/ peaches, mustard potato salad, sun chips and Milk	18 Pulled pork BBQ on bun, au gratin potatoes, baked beans and Milk	19 Chicken alfredo, mozzarella sticks, glazed carrots, cinnamon apples and Milk
Calories: 634	Calories: 630	Calories: 522	Calories: 622	Calories: 510
22 Tuna salad on bun w/ lettuce and tomato slice, tomato basil soup, sliced peaches and Milk	23 Banie and wienies, creamy coleslaw, mac and cheese, sliced pears, wheat bread and Milk	24 Tumeric peanut butter chicken bowl, green beans and bacon, sliced pineapple, roll and Milk	25 glazed pork loin, garlic mashed potato, buttered peas, wheat bread and Milk	26 Asian chicken and broccoli, pork eggroll, steamed brown rice, mandarin oranges and Milk
Calories: 424	Calories: 646	Calories: 712	Calories: 646	Calories: 662
29 Spaghetti w/ meat sauce, garlic toast, buttered corn, sliced peaches and milk	30 Oven baked chicken, mashed potatoes, creamed peas, Wheat Bread-Butter Milk			
Calories: 609	Calories: 637	Calories:		