




Lunch



April, 2019



4/1 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit	4/2 +*Whole grain pizza Garden salad Fresh fruit	4/3 Chicken nuggets Potato soup + Whole wheat bread/butter Fresh fruit	4/4 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit	4/5 *Beans & Brown rice Tossed salad +Tortilla Fresh fruit
4/8 Chicken Alfredo with tri-color pasta Salad Fresh fruit	4/9 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit	4/10 +Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit	4/11 Chicken leg w/ buttermilk gravy Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	4/12 *Quiche Peas +Whole wheat bread/butter Fresh fruit
4/15 Power veggie beef & chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit	4/16 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	4/17 +Dirty brown rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit	4/18 Black bean, corn, & chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit	4/19 *Lasagna Tossed salad Fresh fruit
4/22 +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit	4/23 Chicken chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	4/24 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	4/25 Hamburger slider Bean medley +Whole wheat roll Fresh fruit	4/26 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit
4/29 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	4/30 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit	~This menu is designed for children age 12+ months		
			<p>Fresh fruits include but are not limited to: apples,, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</p>  <p>Visit us at www.goodfoodco.com Age appropriate milk must be served with lunch</p>	

*Vegetarian meal

+Whole grain