

April Lunch MENU 2022

*WF= Wheat Free DF= Dairy Free EF= Egg Free WW/WG= Whole Grain BF= Beef Free

Monday	Tuesday	Wednesday	Thursday	Friday
				1. Pizza crust, cheese, and tomato sauce Applesauce/Carrots Whole/or 1% Milk
4 Mac and cheese vegetarian baked beans Arroz con Pollo (WF, EF, DF) Vegetarian Beans/Pineapples Whole/or 1% Milk	5 Chicken and gravy w/wg biscuit (EF) Baked Beans & Veggie Sausage w/ WW Pita (DF, EF) Chicken Curry w/wg Rice (WF, EF, DF) Applesauce /Peas and Carrots Whole/or 1% Milk	6 Chicken Fajitas w/ww tortilla (EF) Mexican rice and beans (WF, DF) Green Beans /Bananas Whole/or 1% Milk	7 Chicken Salad w/ww bread (DF) Veggie teriyaki noodles (DF, EF) Mexican Turkey w/wg rice (WF, EF, DF) Cinnamon Apples /Carrots Whole/ or 1% Milk	8 Pizza crust, cheese, and tomato sauce Applesauce/Carrots Whole/or 1% Milk
11 Chicken Nuggets w/ biscuit (EF) Pasta bake w/ww rotini (EF) Fiesta Chicken w/ wg rice (WF,EF,DF) Green Beans /Applesauce Whole/or 1% Milk	12 Turkey chili w/ww Tortilla (DF, EF) Veggie pasta salad (EF) Oranges/Peas Whole/or 1% Milk	13*CONTAINS SEASME Turkey tacos (EF) Cheesy Frittata w/ww pita Lentil Bolognese w/wg rotini (EF,DF) Cinnamon Apples/ Cucumbers Whole/or 1% Milk	14 BBQ chicken w/wg rice (DF,EF) WG waffles and eggs Sweet and sour chicken (WF, EF, DF) Bananas /Sweet Potatoes Whole/or 1% Milk	15 Pizza crust, cheese, and tomato sauce Applesauce/Carrots Whole/or 1% Milk
18 Chicken and gravy w/wg biscuit (EF) Mexican rice and beans (WF, DF) Cinnamon Apples / Sweet Potatoes Whole/or 1% Milk	19 Turkey Spanish rice (WF,EF,DF) Bean and Cheese Taco (EF) Bananas /Corn Whole/or 1% Milk	20 Chicken w/wg rice (EF, DF,WF) WG French toast w/ eggs Vegetarian baked beans/ Oranges Whole/ or 1% Milk	21 Turkey fajitas (EF) Veggie fried rice (WF, DF) Chicken Curry w/wg Rice (WF, EF, DF) Pineapples/Peas and Carrots Whole/or 1% Milk	22 Pizza crust, cheese, and tomato sauce Applesauce/Carrots Whole/or 1% Milk
25 Pasta bake w/ww rotini (EF) Chicken w/wg rice (EF, DF,WF) Peaches/Peas Whole/or 1% Milk	26 Chicken Teriyaki w/wg rice (EF,DF) Bean and Cheese taco (EF) Fiesta chicken w/wg rice (WF, DF, EF) Oranges/Sweet Corn Whole/or 1% Milk	27*CONTAINS SEASME Chicken nuggets w/ww pita (EF,DF) WG waffles and eggs Sweet and sour chicken (WF, EF, DF) Pineapples/Carrots Whole/or 1% Milk	28 Chicken fried rice (WF, DF, EF) Zucchini Parm (EF) Bananas/Cucumbers Whole/or 1% Milk	29 Pizza crust, cheese, and tomato sauce Applesauce/Carrots Whole/or 1% Milk

