

Regular Lunch Menu (April 2024)



	MON	TUE	WED	THU	FRI
	1	2	3	4	5
ENTRÉE	Butter Pasta with Chicken (WGR)	Mini Chicken Tacos with Mexican Rice	Teriyaki Chicken & Rice (WGR)	Pasta Marinara with Turkey Meatball (WGR)	Turkey Sausage Pizza (WGR)
VEGETARIAN	Vegan Pasta Marinara (WGR)	Cheese Taquitos with Mexican Rice	Teriyaki Tofu & Rice (WGR)	Vegan Meatball Pasta Marinara (WGR)	Cheese Pizza (WGR)
VEGETABLE	Butter, Peas	Corn, Tomatoes	Vegetable Medley	Marinara Sauce, Onion	Broccoli
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Melon
	8	9	10	11	12
ENTRÉE	Mac and Cheese	Vegetarian Chili with Cheese and Rice (WGR)	General Tso Chicken & Rice (WGR)	Turkey Pasta Bolognese (WGR)	Chicken Parmesan Nugget
VEGETARIAN	Mac and Cheese	Vegetarian Chili with Cheese and Rice (WGR)	General Tso Tofu & Rice	Pasta Vegan Bolognese (WGR)	Vegan Parmesan Nugget
VEGETABLE	Peas and Carrots	Tomatoes, Corn, Black and Kidney Beans	Vegetable Medley	*Onion, Tomato, Carrots, Celery	Tomato, Onion
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Melon
	15	16	17	18	19
ENTRÉE	Curry Chicken	Black Bean Mexican Salad with Cheese and Tortilla Chips	Orange Chicken	Creamy Alfredo (WGR)	Chicken Burger (WGR)
VEGETARIAN	Curry Tofu	Black Bean Mexican Salad with Cheese and Tortilla Chips	Orange Tofu	Creamy Alfredo (WGR)	Vegan Burger (WGR)
VEGETABLE	Vegetable Medley	Romaine Lettuce, Tomato, Corn	Vegetable Medley	Peas and Carrots	Pickles
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Melon
	22	23	24	25	26
ENTRÉE	Chicken Tikka Masala with Rice (WGR)	Cheese Quesadilla (WGR)	Chicken Fried Rice (WGR)	Broccoli Mac and Cheese (WGR)^	Chicken Tenders with Whole Grain Roll (WGR)
VEGETARIAN	Tofu Tikka Masala with Rice (WGR)	Cheese Quesadilla (WGR)	Tofu Fried Rice (WGR)	Broccoli Mac and Cheese	Vegan Tenders with Whole Grain Roll (WGR)
VEGETABLE	Potato, Tomato, Carrots	Pico De Gallo Salsa	Peas and Carrots	Broccoli	Cole Slaw
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Melon
	29	30			
ENTRÉE	Chicken Noodle Soup (WGR)	Chicken Mulitas with Cheese on Corn Tortilla			
VEGETARIAN	Vegan Noodle Soup (WGR)	Cheese Mulitas on Corn Tortilla			
VEGETABLE	*Onion, Carrots, Parsley	Corn and Black Bean Salad			
FRUIT	Apple	Sliced Oranges			

Pre-School Serving Sizes

Meat 2.0 oz Grains 1-2 oz Bread 1/2 slice Vegetables 1/4 cup Fruit 1/4 cup

Grade - High School Serving Sizes

Meat 2.5 oz Grains 2-3 oz Bread 1 slice Vegetables 3/4 cup Fruit 3/4 cup

Dairy Free (DF) Gluten Free (GF) Soy Free (SF)

Veggie inside entree marked with (*)

Items marked with ^ contain Allergens. See ingredient list for detail

The main grain component in each meal are "WGR" - Whole Grain Rich