

**APRIL LUNCH - HOT**

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**

<b>1</b> Sauerbraten Beef, Meat 2oz German Potato Salad 1/2c Fruit 1/2c WW Bread 2oz	<b>2</b> Chicken Fajitas 2oz meat Spanish Rice 1c Refried Beans 1/2c Fruit 1/2c WW Flour Tortilla 2oz	<b>3</b> Beef Lasagna 2oz Meat Pasta 1c Veg 1/2c Fruit 1/2c WW Garlic Bread 2oz	<b>4</b> Fried Chicken Tender, Meat 2oz Waffle 2oz Corn 1/2c Fruit 1/2c	<b>5</b> Herb Crusted Tilapia 3oz, Lemon Sauce Mashed Potatoes 1/2c Peas & Carrots 1/2c WW Bread 2oz
<b>8</b> Greek Chicken 2oz Cous Cous Pasta 1c Vegetable 1/2c Fruit 1/2c WW Roll 2oz	<b>9</b> Grilled Chicken 2oz w/ Cheese Sandwich Fried Potato 1/2C Fruit 1/2C WW Hamburger Bun	<b>10</b> Beef Steak Fritter 4oz Country Gravy, Mashed Potatoes 1/2c Green Beans 1/2c WW Bread 2oz Fruit 1/2c	<b>11</b> Chicken 2oz Rigatoni Pasta, 1c w/ Marinara Vegetable 1/2c Fruit 1/2c Garlic Bread Stick 2oz	<b>12</b> Tuna 2oz Noodle 1 c pasta Casserole Vegetable 1/2c Fruit 1/2c WW Roll 2oz
<b>15</b> BBQ Chicken 2oz Green Beans 1/2c Sweet Potatoes 1/2c WW Roll 2oz	<b>16</b> Ground Turkey Sheppard's Pic 2oz meat & ½ c veg Vegetable 1/2c Fruit 1/2c WW Bread 2oz	<b>17</b> Turkey Noodle Casserole Meat 2oz, Pasta 1/2c Mixed Vegetable ½ c Fruit 1/2c WW Bread 2oz	<b>18</b> Salisbury Steak 2oz w/ Gravy Mashed Potatoes 1/2c Vegetable 1/2c WW Roll 2oz	<b>19</b> Battered Fish 4oz Roasted Potato Wedges 1/2c Cole Slaw 1/2c WW Roll 2oz
<b>22</b> Chicken Breast 2oz Lentils 1/2c Roasted Carrots 1/2c Fruit 1/2c WW Bread 2oz	<b>23</b> Turkey Taco 2oz Meat Spanish Rice 1c Refried Pinto Beans 1/2c Fruit 1/2c WW Flour Tortillas 2oz	<b>24</b> Chicken Parm. Meat 2oz Penne Pasta 1c Pasta w/ Marinara Mix Vegetable 1/2c Fruit 1/2c WW Roll 2oz	<b>25</b> Braised Beef, Meat 2oz Mashed Potato 1/2c Cream Corn 1/2c Fruit 1/2c WW Bread 2oz	<b>26</b> Baked Fish Vera Cruz 3oz, Cuban Black Beans 1/2c Tropical Fruit 1/2c WW Bread 2oz
<b>29</b> Chicken 2oz Cheese Tortellini 1c Pasta Alfredo Vegetable 1/2c Fruit 1/2c Garlic Bread Stick 2oz	<b>30</b> Swedish Meatballs, Meat 2oz Egg Noodle, 1c Pasta Peas & Carrots 1/2c Fruit 1/2c WW Bread 2oz			

Each entr.e includes a minimum of two (2) oz. meat/meat alternative and/or cheese and a . cup of two (2) different fruits, vegetables or juice (fresh and/or canned) plus two (2) oz. of grain/bread. Four (4) oz. of juice is delivered for breakfast. Eight (8) oz. of white 1% milk is served with each meal. This menu, as written, is suitable for regular, sodium-restricted and consistent carbohydrate (diabetic) diets.

*Will ms RD 365526*



**APRIL LUNCH - COLD**

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**

<b>1</b> Tuna Salad 2oz & Cheese, WW Bread Sandwich, Vegetable 1/2c Fruit 1/2c	<b>2</b> Turkey 2oz, Cheese, WW Bread Sandwich, Vegetable 1/2c, Fruit 1/2c	<b>3</b> Turkey Ham 2oz, Cheese, WW Bread Sandwich, Vegetable 1/2c, Fruit 1/2c	<b>4</b> Italian Sub 2oz Meat, WW Sub Sandwich, Vegetable 1/2c, Fruit 1/2c	<b>5</b> Tuna Salad 2oz & Cheese, WW Bread Sandwich, Vegetable 1/2c Fruit 1/2c
<b>8</b> Turkey Bologna 2oz, Cheese, WW Bread Sandwich, Vegetable 1/2c, Fruit 1/2c	<b>9</b> Turkey 2oz Cheddar, Mayo WW Bread Sandwich, Vegetable 1/2c, Fruit 1/2c	<b>10</b> Turkey Ham 2oz, Cheese, WW Bread Sandwich, Vegetable 1/2c, Fruit 1/2c	<b>11</b> Chicken Salad 2oz & Cheese, WW Bread Sandwich, Vegetable 1/2c, Fruit 1/2c	<b>12</b> PB 4TBL & J WW Bread Sandwich, Vegetable 1/2c, Fruit 1/2c
<b>15</b> Turkey 2oz, Cheese, WW Bread Sandwich, Vegetable 1/2c, Fruit 1/2c	<b>16</b> Turkey Ham 2oz, Cheese, WW Bread Sandwich, Vegetable 1/2c, Fruit 1/2c	<b>17</b> Turkey 2oz, Cheese, Mayo, WW Bread Sandwich, Vegetable 1/2c, Fruit 1/2c	<b>18</b> Tuna Salad 2oz & Cheese, WW Bread Sandwich, Vegetable 1/2c, Fruit 1/2c	<b>19</b> Turkey 2 oz, Cheese, WW Bread Sandwich, Vegetable 1/2c, Fruit 1/2c
<b>22</b> Turkey Bologna 2oz, Cheese, WW Bread Sandwich, Vegetable 1/2c, Fruit 1/2c	<b>23</b> Italian Sub 2oz Meat, WW Sub Sandwich, Vegetable 1/2c, Fruit 1/2c	<b>24</b> Turkey Ham 2oz, Cheese, WW Bread Sandwich, Vegetable 1/2c, Fruit 1/2c	<b>25</b> Turkey Bologna 2oz, Cheese, WW Bread Sandwich, Vegetable 1/2c, Fruit 1/2c	<b>26</b> Turkey Salami 1oz, Cheddar Cheese 1oz, Lettuce & Tomato, WW Bread Sandwich, Vegetable 1/2c, Fruit 1/2c
<b>29</b> Turkey Ham 2oz, Cheese, WW Bread Sandwich, Vegetable 1/2c, Fruit 1/2c	<b>30</b> Italian Sub 2oz Meat, WW Sub Sandwich, Vegetable 1/2c, Fruit 1/2c			

Each entrée includes a minimum of two (2) oz. meat/meat alternative and/or cheese and a ½ cup of two (2) different fruits, vegetables or juice (fresh and/or canned) plus two (2) oz. of grain/bread. Four (4) oz. of juice is delivered for breakfast. Eight (8) oz. of white 1% milk is served with each meal. This menu, as written, is suitable for regular, sodium-restricted and consistent carbohydrate (diabetic) diets.

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Joyce Wilkins, M.S., R.D. | Dietitian