

APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Hamburger with Bun Grilled Veggie Salad Beet Salad Orange Slices Carl's Cake	Southwest Beef Enchiladas with Black Beans Spanish Rice Yellow Squash and Roasted Red Bell Peppers Fresh Fruit Cup Carl's Cake	Citrus Chicken Roasted Sweet Potatoes Green Beans Banana Whole Wheat Bread Chocolate Chip Cookie	Beef Goulash Mashed Potatoes Corn Fresh Fruit Cup Whole Wheat Bread Blueberry Muffin	Parmesan Crusted Tilapia over Rice Pilaf Green Beans Spinach Salad Cucumber Salad Applesauce Whole Wheat Bread
8	9	10	11	12
Chicken Salad over Mixed Greens Three Bean Salad Banana Whole Wheat Bread Cherry Crisp	Pot Roast Mashed Potatoes Honey Glazed Carrots Applesauce Whole Wheat Bread Rice Pudding	Chicken Stir Fry Brown Rice Sautéed Red Peppers and Spinach Orange Slices Banana Muffin	Turkey Tetrizzini Broccoli Three Bean Salad Fresh Fruit Cup Carl's Cake	Vegetarian Frittata Roasted Sweet Potatoes and Red Peppers Banana Biscuit Chocolate Chip Cookie
15	16	17	18	19
Sloppy Joe with Bun Mashed Potatoes Veggie Salad Fresh Fruit Cup Cherry Crisp	BBQ Chicken Potato Salad Glazed Carrots Banana Whole Wheat Bread	Sweet and Sour Pork with Veggies Brown Rice Peas and Onions Fresh Fruit Cup Apple Crisp	Grilled Chicken with Bun Green Beans Three Bean Salad Applesauce Carl's Cake	Fish Sandwich Tater Tots Coleslaw Spinach Salad Banana
22	23	24	25	26
Pulled Pork with Bun Baked Beans Potato Salad Fresh Fruit Cup Carl's Cake	Balsamic Chicken Mashed Sweet Potatoes Broccoli and Cauliflower Spinach Salad Fresh Fruit Cup Ciabatta	Chef Salad with Turkey Apple Carrot Salad Whole Wheat Bread Carl's Cake	Italian Sausage with Peppers and Onions Green Beans Banana Whole Wheat Bread Carl's Cake	Baked Cod Mashed Sweet Potatoes Grilled Vegetable Medley Orange Slices Whole Wheat Bread Chocolate Chip Cookie
29	30	<p>Menu is subject to change without notice. No substitutions allowed.</p> <p>Heating Instructions: Reheat to 165°F for 15 seconds.</p> <p>All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred during cross-contact.</p>		
Spaghetti and Meatballs Broccoli and Cauliflower Veggie Salad Banana Carl's Cake	Turkey Club Sandwich Potato Salad Three Bean Salad Fresh Fruit Cup Cookie			