



**Lunch Menu
9-12th Grade
April 2023**

Serving Sizes are as follows:

9 – 12th Grade – Meat/MA 2oz, Grain 2oz, Vegetable 1 cup, Fruit 1 cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
<p>April 3 WG Popcorn Chicken Dinner Roll Mashed Potatoes Honey Mustard Fruit Milk Veggie Nuggets</p>	<p>April 4 Mac & Cheese w. WG Pasta Green Beans Fruit Milk</p>	<p>April 5 BBQ Chicken & Cheese Wrap on WG Flour Tortilla Carrot Sticks x2 Fruit Milk Tofu BBQ</p>	<p>April 6 Swedish Meatballs Brown Rice Peas Fruit Milk Veggie Meatballs</p>	<p>April 7 Turkey & Cheese Sandwich WG Sandwich Roll Fresh Broccoli w/ Ranch Garbanzo Beans Fruit Milk Cheese Sandwich</p>
<p>April 10</p>	<p>April 11 Balsamic Grilled Chicken Brown Rice Green Beans Fruit Milk Balsamic Tofu</p>	<p>April 12 Turkey Ham & Cheese on WW Bread Mayonnaise Carrot Sticks x2 w/ Ranch Fruit Milk Cheese Sandwich</p>	<p>April 13 BBQ Meatballs Hoagie w/ Cheddar Cheese WG Hoagie Roll Peas Fruit Milk Veggie Meatballs</p>	<p>April 14 Grilled Chicken Romaine Lettuce w/ Parmesan Cheese Garbanzo Beans WG Dinner Roll x2 w/ Butter Italian Dressing Fruit Milk Edamame</p>
<p>April 17 Grilled Chicken Parmesan w. Marinara Sauce and Mozzarella Cheese over WG Pasta Cooked Carrots Fruit Milk Veggie Meatball Parmesan</p>	<p>April 18 2 Hot Dogs on WG Bun Baked Beans Ketchup Fruit Milk Veggie Burger</p>	<p>April 19 Chef Salad (Diced Turkey, Diced Turkey Ham) WG Dinner Roll x2 w. Butter Ranch Dressing Fruit Milk Chic Pea Garden Salad</p>	<p>April 20 Turkey BBQ WG Sandwich Roll Cauliflower Fruit Milk Lentil BBQ</p>	<p>April 21 WG Mozzarella Sticks Tator Tots Marinara Sauce Fruit Milk</p>
<p>April 24 Mac & Cheese w. Turkey Ham and WG Pasta Green Beans Fruit Milk Mac & Cheese w. WG Pasta</p>	<p>April 25 Taco Beef w. Cheddar Cheese Brown Rice WG Tortilla Chips Corn & Black Bean Fruit Milk Bean Burrito</p>	<p>April 26 Chicken Gyro on WG Pita Bread Shredded Lettuce and Diced Tomatoes Fresh Broccoli w. Broccoli Tzatziki Sauce Fruit Milk Cheese Sandwich</p>	<p>April 27 Turkey Sausage String Cheese WG French Toast Breakfast Potatoes Fruit Milk Veggie Sausage</p>	<p>April 28 Pizza Sticks Cooked Carrots Fruit Milk</p>

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos