

April 2018 Lunch Menu: CHS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>3 Turkey & gravy over mashed potatoes Diced carrots Whole grain roll Peaches Milk Alternate: Chicken patty on a whole grain bun</p>	<p>4 Bosco breadsticks with marinara sauce Fresh cauliflower & broccoli Mandarin oranges Milk Alternate: Corn dogs</p>	<p>5 Orange chicken Brown rice Steamed broccoli Pineapple Whole grain roll Milk Alternate: Turkey sandwich or egg rolls</p>	<p>6 Chili Whole grain bread sticks Goldfish Crackers Baby carrots & celery sticks Pears Milk Alternate: Little Caesar's pizza</p>	
<p>9 Chicken patty on a whole grain bun Fresh Broccoli Fruit cocktail Milk Alternate: Turkey sandwich</p>	<p>10 Spaghetti Romaine & Spinach Salad Grape tomatoes Garlic bread Apple slices Milk Alternate: Cheeseburger on a whole grain bun</p>	<p>11 Early Release Sub sandwich Green beans Frozen juice cups Oranges Milk Alternate: Pizza burgers</p>	<p>12 Cheese quesadilla Tostitos Refried beans Red pepper strips Pineapple Milk Alternate: Chili wrap</p>	<p>13 Turkey stew Soft pretzel Celery sticks & Baby carrots Grapes Milk Alternate: Little Caesar's pizza</p>
<p>16 Chicken fajitas Whole grain tortillas Roasted red pepper & onion Shredded romaine Diced tomatoes Pineapple Milk Alternate: Fiestada Pizza</p>	<p>17 Orange chicken Brown rice Broccoli Whole grain roll Fortune cookie Pineapple Milk Alternate: Egg rolls or turkey sandwich</p>	<p>18 Hot dog on a whole grain bun Tater tots Baby carrots & Red pepper strips Orange Smiles Milk Alternate: Sausage pizza</p>	<p>19 Cheeseburger on a whole grain bun Sweet potato fries Baked beans Pears Milk Alternate: Turkey sandwich</p>	<p>20 Tomato soup Turkey sandwich Romaine & Spinach Salad Grape tomatoes Watermelon Milk Alternate: Little Caesar's pizza</p>
<p>23 Taco salad with diced tomatoes & black beans Nacho Doritos Whole grain roll Pineapple Milk Alternate: Fiestada pizza</p>	<p>24 BBQ nibblers Baked potatoes Broccoli Whole grain roll Applesauce cups Milk Alternate: Ham & cheese wrap</p>	<p>25 Early Release Chicken nuggets Baby carrots & cucumber slices Whole grain roll Grapes Milk Alternate: Corn dog</p>	<p>26 Italian penne pasta Romaine & Spinach Salad Grape Tomatoes Garlic Bread Peaches Milk Alternate: Chicken patty on a whole grain bun</p>	<p>27 Minestrone soup Turkey sandwich Red pepper strips & celery sticks Fruit cocktail Milk Alternate: Little Caesar's pizza</p>
<p>30 Cheeseburger on a whole grain bun Baked beans Red pepper strips Peaches Milk Alternate: Turkey sandwich</p>	<p>1 French bread pizza Romaine & Spinach Salad Grape tomatoes Apple slices Milk Alternate: Bratwurst</p>	<p>2 Sloppy joes Tater tots Coleslaw Watermelon Milk Alternate: Chicken patty</p>	<p>3 Bosco sticks with marinara sauce Cauliflower & baby carrots Fruit cocktail Milk Alternate: Ham Sandwich</p>	<p>4 Chili Celery sticks & broccoli Whole grain bread sticks Goldfish crackers Pears Milk Alternate: Little Caesar's</p>

News: ** Early Release 4/11 & 4/25**Milk choices available daily are fat free chocolate, fat free white and 1% white. Chef's salad, Garden Salad and Yogurt, cheese stick with a whole grain roll are available as an alternate choice every day. All bread served is whole grain except pasta. Menu is subject to change.

This institution is an equal opportunity provider.