


# April 2018 Lunch Menu: WMS

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



**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.**