

## ALC CATERED LUNCH MENU: April 2019

1- MONDAY	2- TUESDAY	3- WEDNESDAY	4- THURSDAY	5- FRIDAY
<b>LUNCH: Milk</b> 2 Whole grain chicken nuggets 1/4 c BROWN RICE 1/8 c CAULIFLOWER & BROCCOLI – LIGHTLY STEAMED 1/8 c PEARS; KETCHUP	<b>LUNCH: Milk</b> 3/4 c TURKEY & BEAN CHILI 3/4 oz TURKEY, 1/8 c BEANS, & 1/8 c PEPPERS & ONIONS 1 slice WHOLE WHEAT BREAD 1/8 c WATERMELON	<b>LUNCH: Milk</b> 2 FISH STICKS 1 slice WHOLE WHEAT BREAD 1/8 c CARROTS 1/8 c HONEYDEW MELON TARTAR SAUCE & KETCHUP	<b>LUNCH: Milk</b> BREAKFAST FOR LUNCH TURKEY SAUSAGE PATTY WHOLE GRAIN PANCAKE–SYRUP 1/8 c ROASTED POTATOES 1/8 c PEACHES	<b>LUNCH: Milk</b> 1/2 c CHEESE LASAGNA w/ 1/4 c WHOLE GRAIN EGG NOODLES, TOMATO SAUCE & 1 oz CHEESE 1/8c ZUCCHINI (lightly steamed) 1/8 c MANDARIN ORANGES
<b>8- MONDAY</b> <b>LUNCH: Milk</b> SLOPPY JOES w/ 1 oz TURKEY; TOMATO SAUCE WHOLE WHEAT ROLL 1/8 c GREEN BEANS 1/8 c FRESH FRUIT MEDLEY	<b>9- TUESDAY</b> <b>LUNCH: Milk</b> 1/2 c PASTA FASULE w/ 1/4 c BEANS, 1/4 c WHOLE GRAIN ROTINI & TOMATO SAUCE 1/8 c BROCCOLI 1/8 c MANDARIN ORANGES	<b>10- WEDNESDAY</b> <b>LUNCH: Milk</b> CHICKEN PATTY WHOLE WHEAT ROLL 1/8 c SWEET POTATO 1/8 c PEARS 1/8 c KETCHUP	<b>11- THURSDAY</b> <b>LUNCH: Milk</b> 1 oz TURKEY & CHEESE 2 sl. WHOLE WHEAT BREAD 1/8 c CARROTS 1/8 c FRUIT MIX MUSTARD & MAYONNAISE	<b>12- FRIDAY</b> <b>LUNCH: Milk</b> 1/2 c MACARONI & CHEESE w/ 1/4 c WHOLE GRAIN ROTINI & 1 oz CHEESE 1/8 c SPINACH 1/8 c CANTALOUPE
<b>15- MONDAY</b> <b>LUNCH: Milk</b> 2 SWEDISH MEATBALLS 1/4 c WHOLE GRAIN EGG NOODLE 1/8 c CHOPPED BEETS, CUCUMBERS, BELL PEPPERS 1/8 c PEARS	<b>16- TUESDAY</b> <b>LUNCH: Milk</b> 3/4 c CHICKEN VEG STIR FRY 1 oz CHICKEN, 1/4 c BROWN RICE, 1/8 c PEAS & CARROTS 1 slice WHOLE WHEAT BREAD 1/8 c HONEYDEW MELON	<b>17- WEDNESDAY</b> <b>LUNCH: Milk</b> TACO w/ 1 oz CHICKEN & SHREDDED CHEESE; 1/8 c DICED TOMATOES WHOLE WHEAT WRAP 1/8 c FRUIT MIX	<b>18- THURSDAY</b> <b>LUNCH: Milk</b> CHEESE PIZZA (1) w/ 1 oz CHEESE 1/8 c BROCCOLI 1/8 c PEARS	<b>19- FRIDAY</b> <b>LUNCH: Milk</b> TUNA SALAD SANDWICH 1 oz TUNA w/ MAYONNAISE 2 sl. WHOLE WHEAT BREAD 1/8 c GREEN BEANS 1/8 c WATERMELON
<b>22- MONDAY</b> <b>LUNCH: Milk</b> BREAKFAST FOR LUNCH TURKEY SAUSAGE PATTY WHOLE GRAIN FT STICKS-SYRU 2 TATER TOTS w/ KETCHUP 1/8 c PEACHES	<b>23- TUESDAY</b> <b>LUNCH: Milk</b> CHICKEN PARMESAN SANDWICH 1 oz CHICKEN & CHEESE WHOLE WHEAT HOT DOG ROLL 1/8 c CAULIFLOWER & BROCCOLI – LIGHTLY STEAMED	<b>24- WEDNESDAY</b> <b>LUNCH: Milk</b> 1/2 c SPANISH RICE & BEANS w/ 1/4c BEANS & 1/4c BROWN RIC 1 slice WHOLE WHEAT BREAD 1/8c ZUCCHINI (lightly steamed) 1/8 c MANDARIN ORANGES	<b>25- THURSDAY</b> <b>LUNCH: Milk</b> TURKEY MEATLOAF w/ GRAVY w/ 1 oz TURKEY 1 slice WHOLE WHEAT BREAD 1/8 c ROASTED POTATOES 1/8 c CANTALOUPE; KETCHUP	<b>26- FRIDAY</b> <b>LUNCH: Milk</b> 2 CHEESE RAVIOLI w/ 1 oz CHEESE; TOMATO SAUCE 1/8 c PEAS 1/8 c FRESH FRUIT MEDLEY
<b>29- MONDAY</b> <b>LUNCH: Milk</b> 1/2 c MACARONI & CHEESE w/ 1/4 c WHOLE GRAIN ROTINI & 1 oz CHEESE 1/8 c BROCCOLI 1/8 c WATERMELON	<b>30- TUESDAY</b> <b>LUNCH: Milk</b> 1 oz TURKEY w/ GRAVY 1 slice WHOLE WHEAT BREAD 1/8 c BUTTERNUT SQUASH 1/8 c PINEAPPLES	<b>1- WEDNESDAY</b> <b>LUNCH: Milk</b> CHICKEN SALAD SANDWICH 1 oz CHICKEN w/ MAYONNAISE 2 sl. WHOLE WHEAT BREAD 1/8 c CHOPPED BEETS, CUCUMBERS, BELL PEPPERS	<b>2- THURSDAY</b> <b>LUNCH: Milk</b> 1/2 c AMERICAN CHOP SUEY 1 oz BEEF, 1/4 c WHOLE GRAIN ROTINI & TOMATO SAUCE 1/8 c GREEN BEANS 1/8 c PEACHES	<b>3- FRIDAY</b> <b>LUNCH: Milk</b> FISH PATTY WHOLE WHEAT ROLL 1/8c ZUCCHINI (lightly steamed) 1/8 c HONEYDEW MELON TARTAR SAUCE & KETCHUP

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