

April Lunch Menu - NSLP Schools K-8 –Traditional Menu

This institution is an equal opportunity provider.

<p>April 1, 2019 – Lunch 2.5 oz Salisbury Steak (2 oz Meat/M. Alt.) 1 Ser 100% Whole Wheat Roll (2 oz G-eq.) ½ C Mashed Potatoes (S) and Gravy ¼ C Fresh Baby Carrots (RO); Ranch Dr. ½ C Diced Pineapple 8 oz. Fat Free or 1% Milk Choice</p>	<p>April 2, 2019 – Lunch 4 oz Barbeque Chicken Legs (2 oz M/Ma) 1 Ser 100% Whole Wheat Bread (G-2 oz. eq.) ½ Cup Fresh Broccoli Florets (DG); ¼ Cup Sliced Cucumbers (O) ½ C 100% Fruit Juice Choice 8 oz. Fat Free or 1% Milk Choice</p>	<p>April 3, 2019 – Lunch 4.5 oz. Grilled Cheese Sandwich (2 oz. meat/meat alternative; 2 oz. gr. eq.) ½ C Kettle Beans (L) ¼ C Fresh Baby Carrots (RO); Ranch Dr. ½ C Mixed Fruit 8 oz. Fat Free or 1% Milk Choice</p>	<p>April 4, 2019 - Lunch Fiesta Thursday—Beef Tacos 3 oz. Beef Taco Filling .50 oz. Shredded Cheese (2.25 oz. M/MA) 2 oz. Salsa (RO) Shred. Lettuce (1) 1 oz. Tortilla Ultra Grain Shells (G-1 oz. eq.) 1/2 C Fiesta Corn (S) 1 oz. Refried Beans (L) ½ C 100% Fruit Juice Choice 8 oz. Fat Free or 1% Milk Choice</p>	<p>April 5, 2019 - Lunch 1 Sl Pepperoni/Cheese Pizza (Substitute Variety of Veg & Meat WG Pizza) (2.0 oz. G eq.; 1.75 M/Meat Alt.) ½ Cup F Baby Carrots (RO)/ ½ Garden Salad (1/4 C. eq. (O)) ½ C Fresh Fruit- Apple 8 oz. Fat Free or 1% Milk Choice</p>	
<p>April 8, 2019 – Lunch 3 oz Sloppy Joe; .50 oz Sliced Cheese (1.5 oz Tot. M/M Alt) 1-100% Whole Wheat. Bun (2 oz. G- eq.) ½ Cup Kettle Beans (L) ¼ C Fresh Baby Carrots (RO) ½ C Diced Pineapple 8 oz. Fat Free or 1% Milk Choice</p>	<p>April 9, 2019 – Lunch 3.3 oz Chicken Chunks/Condiments (M/Meat Alternative -2 oz eq; Grain 1 oz eq.) 1 Cup Garden Salad (O) (1/2 eq.) ¼ C Cucumber (O) Ranch Dressing ½ C 100% Fruit Juice Choice 8 oz. Fat Free or 1% Milk Choice</p>	<p>April 10, 2019 – 2 oz. Ham /W 4 oz. Macaroni &Cheese (2 oz. M/M Alt) (.5 oz Grain Eq.) 1 Ser 100% Whole Wheat Roll (G-2 oz. eq.) ½ C Steamed Broccoli (DG) ¼ Cup Fresh Baby Carrots (RO) ½ C Mixed Fruit 8 oz. Fat Free or 1% Milk Choice</p>	<p>April 11, 2019 - Lunch Fiesta Thursday- Beef Nachos 3 oz. Beef Taco Filling .50 oz. Shredded Cheese (2.25 oz. M/MA) 2 oz. Salsa (RO) (8) White Triangular Corn Chips (1.2 oz Grain Eq) ½ Cup Fiesta Corn (S) 1 oz. Refried Beans (L) ½ C 100% Fruit Juice Choice 8 oz. Fat Free or 1% Milk Choice</p>	<p>April 12, 2019 - Lunch 1 Sl Pepperoni/Cheese Pizza (Substitute Variety of Veg & Meat WG Pizza) (2.0 oz. G eq.; 1.75 M/Meat Alt.) 1 Cup Garden Salad (O) (1/2 eq.) ¼ C. Tomatoes (RO) ½ C Fresh Fruit- Apple 8 oz. Fat Free or 1% Milk Choice</p>	
<p>April 15, 2019 - Lunch * 6 oz. C. Beef & Bean Chili; 1 oz Shredded Cheese (1 oz M/M Alt) ½ Cup Baked Potato (S) ¼ Cup Fresh Broccoli (DG); Ranch Dr. 1 Serving/Saltine Crackers -Four Pkgs (1 oz) ½ C 100% Fruit Juice Choice 8 oz. Fat Free or 1% Milk Choice</p>	<p>April 16, 2019 – Lunch * 4 oz Baked Chicken (2 oz Meat/M Alt) 1 Ser 100% Whole Wheat Bread (2 oz G -eq.) ½ Cup Cooked Greens (DG); ¼ C Celery (O) Ranch Dressing ½ C 100% Fruit Juice Choice 8 oz. Fat Free or 1% Milk Choice</p>	<p>April 17, 2019 – Lunch* 3 oz. BBQ Pulled Pork (2 oz M. eq.) 1- 100% Whole Wheat Bun (2 oz. G-eq.) ½ C Baked Kettle Beans (L) ¼ C Fresh Baby Carrots (RO) Ranch Dr. ½ C Mixed Fruit 8 oz. Fat Free or 1% Milk Choice</p>	<p>April 18, 2019 – Lunch* Fiesta Thursday—Turkey Taco 3 oz. Turkey Taco Filling &.50 oz. Shredded Cheese (2.25oz. M/MA) .50 Shred. Lettuce, 2 oz. Salsa (RO) (1) 1 oz. Tortilla Ultra Grain Shells (G-1 oz. eq.) ½ C Fiesta Corn (S) 1 oz. Refried Beans (L) ½ C 100% Fruit Juice Choice</p>	<p>April 19, 2019 – Lunch* 1 Sl Pepperoni/Cheese WG Pizza (Substitute Variety of Veg & Meat WG Pizza) (2.0 oz. G eq. 1.75 M/Meat Alt.) 1 Cup Garden Salad (O) (1/2 eq.) ¼ C. Tomatoes (RO) ½ C Fresh Fruit- Apple 8 oz. Fat Free or 1% Milk Choice</p>	
<p>April 22, 2019 – Lunch** 3 oz Meatballs (M/M Alt-2.0) & 2 oz. Spaghetti (.50 oz Grain eq) 1 Ser 100% Wheat Rolls (2 oz. G- eq.) 1 C Garden Salad (O) (1/2 eq.) ¼ Fresh Baby Carrots (RO) ½ C Diced Pineapple 8 oz. Fat Free or 1% Milk Choice</p>	<p>April 23, 2019 – Lunch** 3.54 oz. Chicken Pattie (2 oz M/M alt; 1 oz Grain eq.) 1- 100% Whole Wheat Bun (2 oz. .G- eq.) ½ Cup Steamed Broccoli- (DG) ¼ C Celery (O) ½ C 100% Fruit Juice Choice 8 oz. Fat Free or 1% Milk Choice</p>	<p>April 24, 2019 – Lunch** 2 oz Turkey Hotdogs (2 oz. M/M Alt.;) 1- 100% Whole Wheat HD Bun (G-1.5 oz. eq.) ½ C Baked Kettle Beans (Pinto & Navy) (L) ¼ C Fresh Baby Carrots (RO) ½ C Mixed Fruit 8 oz. Fat Free or 1% Milk Choice</p>	<p>April 25, 2019 – Lunch** Fiesta Thursday— Beef Taco 3 oz. Beef Taco Filling & .50 oz. Shredded Cheese (2.25 oz. M/MA) .50 Lettuce, 2 oz. Salsa (RO) (1) 1 oz. Tortilla Ultra Grain Shells (G-1 oz. eq.) ½ C Fiesta Corn (S) 1 oz. Refried Beans (L) ½ C 100% Fruit Juice Choice 8 oz. Fat Free or 1% Milk Choice</p>	<p>April 26, 2019 – Lunch** 1 Sl Pepperoni/Cheese Pizza (Substitute Variety of Veg & Meat WG Pizza) (2.0 oz. G eq. 1.75 M/Meat Alt.) ½ Cup F. Baby Carrots (RO)/ ½ Cup Garden Salad (1/4 eq)/ (O) Ranch Dr. ½ C Fresh Fruit- Apple 8 oz. Fat Free or 1% Milk Choice</p>	
<p>April 29, 2019 – Lunch 2.5 oz Hamburger w/ Cheese 2 oz Enriched Bun (2 oz. G- eq.) ½ Cup Green Beans ¼ Fresh Baby Carrots (RO) ½ Sliced Peaches 4 oz. – 6oz. 8 oz Fluid Milk</p>	<p>April 29, 2019 – Lunch 3.3 oz Chicken Chunks/Condiments (M/Meat Alternative -2 oz eq; Grain 1 oz eq.) 1 Cup Garden Salad (O) (1/2 eq.) ¼ C Cucumber (O) Ranch Dressing ½ C 100% Fruit Juice Choice 8 oz. Fat Free or 1% Milk Choice</p>	<p>Schools Closed* April 15-22, 2019 Most Blessed Sacrament Clay Avenue Schools AEE ALC</p>		<p>Schools Closed** April 19-26, 2019 Rosary Cathedral Queens of Apostle</p>	

Proteins; G= Grains; A= Vitamin A; C= Vitamin C; D= Vitamin D; I= Iron, *Sl. – Slice, Cru – Cracker, Ser – Serving, Tbsp – Tablespoon, C – Cup, Waf – Wafer, Prtz – Pretzel, Por – Portion*

MEAL PATTERN REQUIREMENTS	Grades K-8	Grades 9-12	Adults/Enhanced
Fruit//Juice	½ Cup Daily (2 ½ Cup Weekly)	1 Cup Daily (5 Cup Weekly)	
Printed Milk/Fluid	1 Cup Daily (5 Cups Weekly)	1 Cup. Daily (5 Cups Weekly)	8oz.s
Vegetables	¾ Cup Daily (3 ¾ Cup Weekly)	1Cup Daily (5 Cup Weekly)	1 C
Meat Alternate	1 oz. Daily. (8-9-10 oz. Weekly)	2 oz. (10-12 oz. Weekly).	3oz.
Grains	1 oz. Daily (8-10 Weekly)	2 oz. Daily (10-12 Weekly)	2 oz

WITH UNFORSEEN CIRCUMSTANCES MENU SUBJECT TO CHANGE: CLIENTS TO BE NOTIFIED