



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>Hamburger on Wheat Bun</b>		<b>Crusted Tilapia</b>		<b>Lemon Chicken</b>		<b>Chicken Fajitas w/ Onions &amp; Peppe</b>		<b>Hamburger on Wheat Bun</b>	
<b>Pinto Beans</b>		<b>Mixed Vegetables</b>		<b>Fancy Three Bean Salad</b>		<b>White Rice</b>		<b>Pinto Beans</b>	
<b>Oven Fries</b>		<b>White Rice</b>		<b>White Rice</b>		<b>Steamed Corn</b>		<b>Oven Fries</b>	
<b>Lettuce/tomato/onion</b>		<b>Chocolate Pudding</b>		<b>Cottage Cheese with Peaches</b>		<b>Apple</b>		<b>Lettuce/tomato/onion</b>	
<b>Fruit Salad *2% Milk Quart*</b>		Calories: 555 Carbs: 57g		Calories: 620 Carbs: 52g		Calories: 720 Carbs: 72g		<b>Fruit Salad</b>	
Calories: 740 Carbs: 92g		Fat: 17g Protein: 39g		Fat: 11.5g Protein: 43.5g		Fat: 13.5 Protein: 38g		Calories: 740 Carbs: 92g	
Fat: 24g Protein: 39g Sodium: 667mg		Sodium: 1,000mg		Sodium: 940mg		Sodium: 725mg		Fat: 24g Protein: 39g Sodium: 667mg	
2-Apr		3-Apr		4-Apr		5-Apr		6-Apr	
<b>Cranberry Chicken</b>		<b>Fish Croquettes</b>		<b>Sliced Turkey with Pineapple</b>		<b>Chicken Fried Steak w/ LS Gravy</b>		<b>Chicken and Dumplings</b>	
<b>Three Bean Salad</b>		<b>Black Beans</b>		<b>Green Beans</b>		<b>Green Beans</b>		<b>Fancy Cut Sweet Potatoes</b>	
<b>Cornbread</b>		<b>Cornbread</b>		<b>Wheat Roll</b>		<b>Mashed Potatoes</b>		<b>Roasted Brussel Sprouts</b>	
<b>Pear Cup *2% Milk Quart*</b>		<b>Yogurt</b>		<b>Apple</b>		<b>Banana Pudding</b>		<b>Sugar Free Jello</b>	
Calories: 640 Carbs: 90g		Calories: 660 Carbs: 76g		Calories: 505 Carbs: 79g		Calories: 620 Carbs: 92g		Calories: 565 Carbs: 63g	
Fat: 14.5g Protein: 30g		Fat: 19.5g Protein: 35g		Fat: 7.5g Protein: 23g		Fat: 14.5g Protein: 25g		Fat: 12g Protein: 21g	
Sodium: 905mg		Sodium: 989mg		Sodium: 690mg		Sodium: 1,001mg		Sodium: 915mg	
9-Apr		10-Apr		11-Apr		12-Apr		13-Apr	
<b>Meatballs over White Rice</b>		<b>King Ranch Casserole</b>		<b>Spaghetti and Sauce with Chicken</b>		<b>Garlic Herb Chicken</b>		<b>Baked Pasta</b>	
<b>Baby Carrots</b>		<b>White Rice</b>		<b>Steamed Peas</b>		<b>Black-eyed Peas</b>		<b>Italian Vegetables</b>	
<b>Sauteed Broccoli</b>		<b>Sauteed Spinach</b>		<b>Capri Mixed Vegetables</b>		<b>Winter Mix Vegetables</b>		<b>Tossed Salad</b>	
<b>Chocolate Pudding *2% Milk Quart*</b>		<b>Tortilla</b>		<b>Apple</b>		<b>Chocolate Pudding</b>		<b>Dinner Roll</b>	
574 calories		<b>Graham Cracker</b>		Calories: 670 Carbs: 86g		Calories: 725 Fat: 12g Carbs: 64g		<b>Peaches</b>	
34.4 g Protein		Calories: 747 Carbs: 72g		Fat: 12.5g Protein: 34g		Protein: 53g		Calories: 640 Carbs: 83g	
Fat: 25g		Fat: 21g Protein: 21g		Sodium: 695mg		Sodium: 579mg		Fat: 15g Protein: 36g	
16-Apr		17-Apr		18-Apr		19-Apr		20-Apr	
<b>Vegetable Lasgna</b>		<b>Beef and Vegetable Stir Fry</b>		<b>Turkey with LowSodium Gravy</b>		<b>Meatloaf</b>		<b>Salisbury Steak</b>	
<b>Tuscany Blend Vegetables</b>		<b>White Rice</b>		<b>Green Beans</b>		<b>Spinach</b>		<b>Steamed Green Beans</b>	
<b>Mashed Potatoes</b>		<b>Steamed Broccoli</b>		<b>Mashed Potatoes</b>		<b>Mashed Potatoes</b>		<b>Mashed Potatoes</b>	
<b>Fruit Salad *2% Milk Quart*</b>		<b>Orange</b>		<b>Vanilla Pudding</b>		<b>Apple</b>		<b>Peaches</b>	
Calories: 590 Carbs: 88g		Calories: 562 Carbs: 90.03g		Calories: 552 Carbs: 67g		Calories: 720 Carbs: 81g		Calories: 527 Carbs: 51g	
Fat: 17g Protein: 37g		Fat: 8.8g Protein: 38g		Fat: 9g Protein: 28g		Fat: 28g Protein: 33g		Fat: 24g Protein: 40g	
Sodium: 790mg		Sodium: 989mg		Sodium: 851mg		Sodium: 955mg		Sodium: 660mg	
MEATLESS MONDAY 23-Apr		24-Apr		25-Apr		26-Apr		27-Apr	
<b>Taco Salad</b>				<b>***IMPORTANT***</b> Milk quarts will be delivered once a week, try drinking one serving of the quart with lunch each day  ***Nutritional facts provided include a serving of milk***				Always remember to call at least by 2:00 PM the day before to cancel a meal 972-562-6996 Extension 113	
<b>Steamed Corn</b>									
<b>Pinto Beans</b>									
<b>Graham Cracker *2% Milk Quart*</b>									
Calories:663 Carbs: 94g									
Fat: 15g Protein: 38g									
Sodium:927mg									
30-Apr									