

# April Senior Menu 2024

Served Daily: 1% White Milk

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<b>Jerk Chicken Rasta Pasta (1c)</b> <b>Sweet Potato Discs (½c)</b> <b>Mixed Salad (1.5c)</b> <b>Pudding</b> <b>Tropical Mixed Fruit (½c)</b>  <b>MO: Jerk Tofu Pasta (1c)</b>	<b>Turkey Tacos (3oz turkey, 2 tortillas)</b> <b>Corn (½c)</b> <b>Pinto Beans (½c)</b> <b>Salsa</b> <b>Mixed Salad (1.5c)</b> <b>Mystery Dessert</b> <b>Pineapple (½c)</b>  <b>MO: Sub meatless grounds (3oz)</b>	<b>Beef Chili (1.5c)</b> <b>Garlic Spinach (½c)</b> <b>Dinner Roll (1)</b> <b>Mixed Salad (1.5c)</b> <b>Cookie</b> <b>Applesauce (½c)</b>  <b>MO: Bean Chili (1.5c)</b>	<b>Chicken Pesto Sandwich (1)</b> <b>Sweet Potato Fries (½c)</b> <b>Mixed Salad (1.5c)</b> <b>Apple Strudel Bite</b> <b>Pear Pieces (½c)</b>  <b>MO: Plant-Based Chicken Patty</b>	<b>Baked Lemon Haddock (3oz)</b> <b>Mashed Potatoes (½c)</b> <b>Gravy</b> <b>Broccoli (½c)</b> <b>Dinner Roll (1)</b> <b>Mixed Salad (1.5c)</b> <b>Cookie</b> <b>Banana (1)</b>  <b>MO: Baked Lemon Tofu</b>
8	9	10	11	12
<b>Sloppy Jo (3oz meat)</b> <b>Cajun Potato Rounds (½c)</b> <b>Mixed Salad (1.5c)</b> <b>Cookie</b> <b>Mandarin Oranges (½c)</b>  <b>MO: Lentil Jo</b>	<b>Lemon-Herb Baked Chicken (3oz)</b> <b>Mashed Potatoes (½c)</b> <b>Gravy</b> <b>Dinner Roll (1)</b> <b>Mixed Salad (1.5c)</b> <b>Pudding</b> <b>Apples (1 pack)</b>  <b>MO: Baked Lemon Tofu</b>	<b>Turkey Pad Kra Pao (½c)</b> <b>Broccoli (½c)</b> <b>Brown Rice (½c)</b> <b>Mixed Salad (1.5c)</b> <b>Apple Strudel Bite</b> <b>Apricot Halves (½c)</b>  <b>MO: Tofu Pad Kra Pao (½c)</b>	<b>BBQ Chicken Thighs (4oz)</b> <b>Carrots (½c)</b> <b>Baked Beans (½c)</b> <b>Dinner Roll (1)</b> <b>Mixed Salad (1.5c)</b> <b>Mystery Dessert</b> <b>Clementine (1)</b>  <b>MO: Plant-Based Chicken Patty</b>	<b>Fish and Cheese Sandwich (1)</b> <b>Sweet Potato Fries (½c)</b> <b>Mixed Salad (1.5c)</b> <b>Cookie</b> <b>Peach Pieces (½c)</b>  <b>MO: Garden Cheeseburger</b>
15	16	17	18	19
<b>Beef Stew (1.5c)</b> <b>Mashed Potatoes (½c)</b> <b>Dinner Roll (1)</b> <b>Mixed Salad (1.5c)</b> <b>Cookie</b> <b>Apricot Halves (½c)</b>  <b>MO: Bean/Lentil Stew (1.5c)</b>	<b>Taco Lasagna (1c)</b> <b>Carrots (½c)</b> <b>Pinto Beans (½c)</b> <b>Mixed Salad (1.5c)</b> <b>Apple Strudel Bite</b> <b>Pineapple (½c)</b>  <b>MO: Sub Meatless Grounds</b>	<b>Pepperoni Pizza (2 slices)</b> <b>Sweet Potato Fries (½c)</b> <b>Mixed Salad (1.5c)</b> <b>Mystery Dessert</b> <b>Tropical Mixed Fruit (½c)</b>  <b>MO: Cheese Pizza (2 slices)</b>	<b>Baked Ziti (1c)</b> <b>Garlic Spinach (½c)</b> <b>Mixed Salad (1.5c)</b> <b>Cookie</b> <b>Pear Pieces (½c)</b>  <b>MO: Lentil Baked Ziti (1c)</b>	<b>GCC LUNCH PROGRAM IS CLOSED FOR MAINTENANCE</b>

22	23	24	25	26
<p>Lasagna (1c) Carrots (½c) Mixed Salad (1.5c) Cookie Pear Pieces (½c)</p> <p>MO: Lentil Lasagna (1c)</p>	<p>Roast Pork (4oz) Broccoli (½c) Dinner Roll (1) Mixed Salad (1.5c) Pudding Peach Pieces (½c)</p> <p>MO: Black Bean Burger Patty</p>	<p>Sweet and Sour Chicken (½c) Edamame (½c) Brown Rice (½c) Mixed Salad (1.5c) Mystery Dessert Pineapple (½c)</p> <p>MO: Sub plant-based chicken</p>	<p>Arroz Con Pollo y Queso (1c) Corn (½c) Mixed Salad (1.5c) Apple Strudel Bite Clementine (1)</p> <p>MO: Arroz y Frijoles con Queso (1c)</p>	<p>Baked Cod (3oz) Sweet Potato Fries (½c) Dinner Roll (1) Mixed Salad (1.5c) Cookie Apricot Halves (½c)</p> <p>MO: Baked Lemon Tofu</p>
29	30			
<p>Parmesan Chicken Sandwich (1) Potato Rounds (½c) Mixed Salad (1.5c) Cookie Mandarin Oranges (½c)</p> <p>MO: Sub plant-based chicken patty</p>	<p>Chili Dog (1) Sweet Potato Fries (½c) Mixed Salad (1.5c) Mystery Dessert Applesauce (½c)</p> <p>MO: Plant-based hot dog</p>			