
APRIL 2009

Substitutions may be required
to ensure a nutritious meal.

April 6
SWEET & SOUR CHICKEN BREAST
Rice
Oriental Vegetables
Mandarin Salad
WW Bread
Milk

April 13
SOUTH OF THE BORDER BEEF
Green Beans
Refried Beans
Fruit Juice
Flour Tortilla
Milk

April 20
SICILIAN CHICKEN WITH OLIVES
Rice
Oriental Mixed Vegetables
Applesauce
WW Bread
Milk

April 27
BAKED POTATO
Chili Con Carne
Cheese
Broccoli
Fruit Crisp
WW Bread
Milk

April 7
PORK CHOP
WITH MUSHROOM SAUCE
Whipped Potatoes
Winter Mixed Vegetables
Peach Crisp
WW Bread
Milk

April 14
BBQ MEATBALLS WITH RICE
Peas And Carrots
Fruit Juice
WW Bread
Milk

April 21
BUTTER BEANS AND HAM
Brussel Sprouts
Stewed Tomatoes
Rosy Applesauce
Corn Bread
Milk

April 28
TATER TOT CASSEROLE
Green Beans
Carrots
WW Bread
Milk

April 1
BAKED HAM WITH PINEAPPLE SAUCE
Scalloped Potatoes
Peas
Coleslaw
WW Bread
Milk

April 8
BEEF STEW WITH CARROTS
Brussel Sprouts
Fruit Crisp
Cracked Wheat Roll
Milk

April 15
OVEN FRIED CHICKEN
Potatoes
Mixed Vegetables
Broccoli Salad
WW Bread
Milk

April 22
FRENCH DIP WITH AU JUS
Mashed Potatoes
Scandinavian Mixed Vegetables
Roll
Milk

April 29
SLOPPY JOE
Italian Mixed Vegetables
Corn
Pudding
Hamburger Bun
Milk

April 2
OVEN FRIED CHICKEN
Mashed Potatoes
Mixed Vegetables
Peaches & Cottage Cheese Salad
WW Bread
Milk

April 9
PANCAKES
Scrambled Eggs
Sausage
Banana
Syrup
Milk

April 16
MEATLOAF WITH GRAVY
Mashed Potatoes
California Mixed Vegetables
Carrot Cake
WW Bread
Milk

April 23
TACO SALAD CASSEROLE
With Picante Sauce
Corn
Refried Beans
Fruit Juice
Tortilla
Milk

April 30
BBQ CHICKEN
Potato Wedges
Mixed Vegetables
Peaches/Cottage Cheese Salad
WW Bread
Milk

April 3
CHICKEN TETRAZZINI
Broccoli
Corn
Tossed Salad
WW Bread
Milk

April 10
TUNA SALAD SANDWICH
Coleslaw
Fruit Salad
WW Bread
Milk

April 17
CHICKEN STRIPS
Mashed Potatoes With Gravy
Spinach
Carrot/Pineapple & Raisin Salad
WW Bread
Milk

April 24
LASAGNA
Peas
Carrots
Fruit Juice
Texas Toast With
Milk