






# April 2023 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7 Good Friday
<b>BBQ Chicken 4oz</b> <b>Red Skin Potatoes ½c</b> <b>Capri Blen Vegetables ½c</b> <b>2 WGR Biscuit 2.5 diameter</b> <b>Fresh Banana</b> <b>Skim Milk 8oz</b>	<b>Hearty Beef Stew 8oz</b> <b>Potatoes&amp;Vegetables ½c</b> <b>Brocoli ½c</b> <b>WGR Slices(2)</b> <b>Applesauce ½c</b> <b>Skim Milk 8oz</b>	<b>Beef Hamburger Patty 3oz</b> <b>German Potato Salad ½c</b> <b>Baked Beans ½c</b> <b>WGR Hamburger Bun 2oz</b> <b>Pineapple Tidbits ½c</b> <b>Skim Milk 8oz</b>	<b>Sliced Tukey 3oz Gravy 2oz</b> <b>Sweet Potatoes ½c</b> <b>Diced Carrots ½c</b> <b>WGR Corn Muffin 2oz</b> <b>Mixed Fruit ½c</b> <b>Skim Milk 8oz</b>	<b>Sliced Ham 3oz</b> <b>Sweet Potatoes 1/2 c</b> <b>Corn 1/2 c</b> <b>WGR Corn Muffin 2oz</b> <b>Assorted Fruit Pie 4oz</b> <b>Skim Milk 8oz</b>
10	11	12	13	14
<b>Chicken Salad 3oz</b> <b>Potato Salad ½c</b> <b>Three Bean Salad ½c</b> <b>WGR Hamburger Bun 3oz</b> <b>Peach Cobbler ½c</b> <b>Skim Milk 8oz</b>	<b>Rigatoni 6oz Meat Sauce 2oz</b> <b>Mixed Vegetables ½c</b> <b>Sliced Carrots ½c</b> <b>WGR Breadstick 2oz</b> <b>Diced Pears ½c</b> <b>Skim Milk 8oz</b>	<b>Sweet &amp; Sour Chicken 4oz</b> <b>California Blend Vegetables ½c</b> <b>Diced Beets ½c</b> <b>WGR Slices (2)</b> <b>Mixed Fresh Fruit ½c</b> <b>Skim Milk 8oz</b>	<b>Sloppy Joe 3oz</b> <b>Diced Potatoes ½c</b> <b>Carrots &amp; Peas ½c</b> <b>WGR Hamburger Bun 2oz</b> <b>Applesauce ½c</b> <b>Skim Milk 8oz</b>	<b>Salisbury Steak 3oz Gravy 2oz</b> <b>Whipped Potatoes ½c</b> <b>Spinach ½c</b> <b>WGR Dinner Roll 3oz</b> <b>Apple Slices ½c</b> <b>Skim Milk 8oz</b>
17	18	19	20	21
<b>Sliced Ham 3oz</b> <b>Scalloped Potatoes ½c</b> <b>Green Beans ½c</b> <b>WGR Dinner Roll 2oz</b> <b>Mandarin Oranges ½c</b> <b>Skim Milk 8oz</b>	<b>Roast Beef 8oz</b> <b>Gravy 2oz</b> <b>Mashed Potatoes ½c</b> <b>Broccoli Cuts ½c</b> <b>WGR Slices (2)</b> <b>Pineapple Tidbits ½c</b> <b>Skim Milk 8oz</b>	<b>Marinara Meatballs 3-1oz</b> <b>Spaghetti Noodles 1c</b> <b>Tossed Salad ½c</b> <b>Italian Vegetable Blend ½c</b> <b>WGR Breadstick 2oz</b> <b>Fruitcocktail ½c</b> <b>Skim Milk 8oz</b>	<b>Chicken Breast 3oz</b> <b>Red Skin Potatoes ½c</b> <b>Three Bean Salad ½c</b> <b>WGR Slices (2)</b> <b>Mixed Fruit ½c</b> <b>Skim Milk 8oz</b>	<b>Stuffed Peppers w/Beef 3oz</b> <b>Mashed Potatoes ½c</b> <b>Sliced Carrots ½c</b> <b>WGR Dinner Roll 2oz</b> <b>Mixed Fruit ½ cup</b> <b>Skim Milk 8oz</b>
24	25	26	27	28
<b>Meatloaf 3oz Gravy 2oz</b> <b>Mashed Potatoes ½c</b> <b>Green Beans ½ cup</b> <b>WGR Slices (2)</b> <b>Diced Peaches ½c</b> <b>Skim Milk 8oz</b>	<b>Beef Hot Dog 2oz</b> <b>Baked Beans ½c</b> <b>Diced Potatoes ½c</b> <b>WGR Hotdog Bun 3oz</b> <b>Sliced Apples ½c</b> <b>Skim Milk 8oz</b>	<b>Macaroni &amp; Cheese 6oz</b> <b>Stewed Vegetables ½c</b> <b>Italian Vegetables ½c</b> <b>WGR Dinner Roll 2oz</b> <b>Mixed Fruit ½c</b> <b>Skim Milk 8oz</b>	<b>BBQ Pork 3oz</b> <b>Diced Potatoes ½ cup</b> <b>Sweet Corn ½c</b> <b>WGR Hamburger Bun 2oz</b> <b>Mixed Fruit ½c</b> <b>Skim Milk 8oz</b>	<b>Turkey &amp; Noodles 8oz</b> <b>Mashed Potatoes ½c</b> <b>Mixed Vegetales ½c</b> <b>WGR Dinner Roll 2oz</b> <b>Applesauce ½c</b> <b>Skim Milk 8oz</b>
		 Menu approved by: <i>Jill Riffle MS, RDN, LD</i>		

All items are subject to change

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