

WOW ALLERGENS LUNCH-APRIL MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Make Your Own Wrap 1</p> <p>1 oz Turkey (2 Slices) 2 Tbsp Hummus [SE] ½ oz Slider Cheddar Cheese [D] 1 WG Flour Tortilla (1 oz) [G] [S] ½ c Spinach Salad w Italian [S] [C] ¼ c Pears ¾ c Milk [D]</p> <p><i>Veg: ½ Veggie Wrap (1 ½ oz Fresh Mozzarella [D] and ½ oz Hummus Flour tortilla [G] [S])</i></p>	<p>1 Chicken Patty [G] [S] [C] 1 WG Bun (1.8 oz) [G] [S] ¼ c Three Bean Salad ¼ c Tropical Fruit Salad ¾ c Milk [D]</p> <p><i>Veg: Black Bean Patty* Gardenburger [G] [S] [C]</i></p>	<p>2 oz Meatloaf [D] [G] [T] [S] [C] 1 WG Corn Muffin (1 oz) [E] [G] [S] [C] ¼ c Cheesy Mashed Potatoes [D] ¼ c Honeydew EHS Diced ¾ c Milk [D]</p> <p><i>Veg: Black Bean Patty* Gardenburger [G] [S] [C]</i></p>	<p>Asian 4</p> <p>¼ c Honey Glazed Chicken (1.5 oz meat) #16 [G] [S] ¼ c Brown WG Rice (½ oz grain) ¼ c Broccoli w Ranch [D] [E] [G] ¼ c Mandarin Oranges ¾ c Milk [D]</p> <p><i>Veg: 3 Honey Glazed Chickenless Nuggets* [E] [G] [S] [C]</i></p>	<p>Make Your Own Pizza 5</p> <p>½ WW English Muffin [D] [G] [S] 1 oz 2 TBSP Shredded Mozzarella Cheese [D] 1 oz String Cheese [D] ¼ c Marinara Sauce [T] (Hot) ½ c Spinach Salad w Italian [S] [C] ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk [D]</p> <p><i>Veg: Same</i></p>
	<p>2 oz Oven Fried Chicken Leg [G] [S] 1 WG Wheat Roll [G] [S] [C] (1 oz) ¼ c Glazed Carrots [D] [CN] [S] ¼ c Apple Slices (2-3) ¾ c Milk [D]</p> <p><i>Veg: 3 Chicken Sub Nuggets [E] [G] [S] [C]*</i></p>	<p>2 oz CN Hamburger Patty [S] [C] 1 WG Bun (1.8 oz) [G] [S] ½ c Spinach Salad w Ranch [D] [E] [G] ¼ c Cantaloupe ¾ c Milk [D]</p> <p><i>Veg: Vegetarian Black Bean Burger* Gardenburger [G] [S] [C]</i></p>	<p>Make Your Own Joe 10</p> <p>½ c Bean Sloppy Joe (2 oz meat alternate) #8 [T] [C] 1 WG Bun (1.8 oz) [G] [S] ¼ c Cole Slaw [E] [S] [C] 2 Orange Wedges ¾ c Milk [D]</p> <p><i>Veg: Same</i></p>	<p>3/8 c Beef Picadillo [T] ¼ c WG Rice (½ oz Grain) ¼ c Broccoli w Creamy Italian Dip [S] [C] ¼ c Pears ¾ c Milk [D]</p> <p><i>Veg: 1 Lasagna Roll - Up [D] [E] [T] [G] [C]</i></p>	<p>1 Cheese Manicotti [D] [E] [G] [C] (2.75oz) w Tomato Basil [T] 1 ½ oz cheese 2 oz WG grain ½ c Romaine Salad w Ranch [D] [E] [G] ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk [D]</p> <p><i>Veg: Same</i></p>
	<p>3 Meatballs (1.5 oz) [D] [T] [G] [S] w Marinara Sauce [T] ¼ c WG Penne (½ oz) [G] PC Parmesan Cheese [D] ¼ c Baby Carrots w Veggie Dip [D] [E] [S] ½ Apple ¾ c Milk [D]</p> <p><i>Veg: 3 Veggie Meatballs [D] [G] [S]</i></p>	<p>Mediterranean Cold Lunches 16</p> <p>¼ c Seasoned Chicken Strips (2 oz) ½ WG Pita (1 oz) [G] [S] [D] [E] 1 Tbsp Hummus [SE] ¼ c Petite Broccoli w Italian [S] [C] ¼ c Tropical Fruit Salad ¾ c Milk [D]</p> <p><i>Veg: 3/8 c Chickpeas</i></p>	<p>½ c Beef & Bean Chili [T] [C] (2 oz meat/meat alternate) 1 oz Cornbread [D] [E] [G] [S] [C] ¼ c Romaine w Ranch [D] [E] [G] 2 Orange Wedges ¾ c Milk [D]</p> <p><i>Veg: Vegetarian Chili [D] [T] [G]</i></p>	<p>3 oz WG Fish Fillet [D] [G] [C] [F] (1.5 oz M/M/A) ¼ c Bolivian Rice (½ oz Grain) [D] ½ c Spinach Salad w Italian [S] [C] ¼ c Honeydew ¾ c Milk [D]</p> <p><i>Veg: 6 oz Yogurt [D]</i></p>	<p>Make Your Own Burrito 19</p> <p>¼ c Black Beans & 1/8 c Monterrey Cheese [D] 1-6 in WW Tortilla (1 oz) [G] [S] PC Mild Salsa [T] ½ c Shredded Lettuce ¼ c Pineapple ¾ c Milk [D]</p> <p><i>Veg: Same</i></p>
	<p>Italian 22</p> <p>2 Chicken Tenders 2 oz [G] [S] [C] PC Marinara Sauce [T] 1 WG Breadstick (1.2 oz) [G] [S] [D] [E] ¼ c Baby Carrots ½ Apple ¾ c Milk [D]</p> <p><i>Veg: 2 Chix Tenders [E] [G] [S] [C]</i></p>	<p>½ c Beef & Macaroni Pasta Bake #8 [G] [T] (2 oz beef, ¼ c WG noodles (1.3 oz)) ¼ c Broccoli w Ranch [D] [E] [G] ¼ c Pineapple ¾ c Milk [D]</p> <p><i>Veg: ½ c Cheesy Macaroni Pasta Bake [D] [G] [T] w 1 Mozzarella Cheese Stick [D]</i></p>	<p>2 oz Oven Fried Chicken Leg [G] [S] 1 oz WG Corn Muffin [E] [G] [S] [C] ¼ c Cole Slaw [E] [S] [C] ¼ c Honeydew EHS Diced ¾ c Milk [D]</p> <p><i>Veg: 3 Chickenless Sub Nuggets [E] [G] [S] [C] w Ketchup [C]</i></p>	<p>Make Your Own Taco 25</p> <p>¼ c Beef Taco Meat (1.5 oz meat) [T] 1 Tbsp Shredded Cheddar Cheese [D] 1oz Hard WG Taco Shell [C] EHS 1 oz WG Tortilla [G] [S] ½ c Shredded Lettuce PC Salsa [T] ½ Banana ¾ c Milk [D] <i>Veg: ½ c Black Beans [T]</i></p>	<p>½ c Macaroni & Cheese [D] [E] [G] [S] [C] (¼ oz Cheese; ¼ c WG Noodles) 3/8 c Vegetarian Baked Beans [C] ½ c Spinach Salad w Italian [S] [C] ¼ c Peaches ¾ c Milk [D]</p> <p><i>Veg: Same</i></p>
	<p>Make Your Own Wrap 29</p> <p>1 oz Turkey (2 Slices) 2 Tbsp Hummus [SE] ½ oz Slider Cheddar Cheese [D] 1 WG Flour Tortilla (1 oz) [G] [S] ½ c Spinach Salad w Italian [S] [C] ¼ c Pears ¾ c Milk [D]</p> <p><i>Veg: ½ Veggie Wrap (1 ½ oz Fresh Mozzarella [D] and ½ oz Hummus Flour tortilla [G] [S])</i></p>	<p>1 Chicken Patty [G] [S] [C] 1 WG Bun (1.8 oz) [G] [S] ¼ c Three Bean Salad ¼ c Tropical Fruit Salad ¾ c Milk [D]</p> <p><i>Veg: Black Bean Patty* Gardenburger [G] [S] [C]</i></p>			

LUNCH