

April 2022

Mid-Atlantic Regional Lunch Menu



LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1 Chicken Nuggets & Waffles Sweet Potato Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk
4 Beef Hamburger on Whole Grain Bun Roasted Sweet Potato Wedges (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	5 Turkey Ham & Cheese Melt Tater Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	6 Chicken Alfredo with Whole Grain Pasta Roasted Broccoli (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	7 Sloppy Joe Sandwich Roasted Cauliflower (1/2 cup) Assorted Fruit Skim/1% Milk	8 Roasted Chicken Dinner Roll Green Beans & Baked Beans Assorted Fruit Skim/1% Milk
11 Breakfast Sandwich <i>sausage, egg & cheese</i> Tater Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	12 Dry Rub BBQ Chicken Biscuit Roasted Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	13 Turkey Taco Bowl with Brown Rice with Peppers, Onions, Salsa & Cheese Seasoned Black Beans (1/2 cup) Assorted Fruit Skim/1% Milk	14 No Service	15 No Service
18 Hot Dog on Whole Grain Bun Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	19 Chicken Patty Sandwich Sweet Potato Wedges (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	20 Meatloaf Dinner Roll Steamed Corn & Mashed Potatoes with Gravy Assorted Fruit Skim/1% Milk	21 Greek Chicken Rice Bowl Chickpeas (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	22 Pasta with Creamy Tomato Sauce Roasted Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk
25 Chicken Nuggets Dinner Roll (9-12) Roasted Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	26 Beef Hamburger on Whole Grain Bun Roasted Potato Wedges (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	27 Asian Stir-Fry Noodles with Chicken Cauliflower & Cabbage (1 cup) Assorted Fruit Skim/1% Milk	28 Turkey Taco Bowl with Brown Rice with Peppers, Onions, Salsa & Cheese Seasoned Black Beans (1/2 cup) Assorted Fruit Skim/1% Milk	29 Cheesy Pizza Pasta Bake with Whole Grain Pasta Roasted Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk

Harvest of the Month

This institution is an equal opportunity provider.

NOTE: Menu subject to change