



## April Allergen Menu

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|--|--|---|
| 3<br>Southwest Chicken<br>Red Rice & Seasoned<br>Green Beans<br>Fresh Fruit<br>Soy Milk  | 4<br>Greek Chicken<br>Brown Rice & Seasoned<br>Black Beans<br>Fruit<br>Soy Milk      | 5<br>Teriyaki Chicken<br>Red Rice & Seasoned<br>Corn and Peas<br>Fresh Fruit<br>Soy Milk | 6<br>Jerk Chicken<br>Brown Rice & Seasoned<br>Black Beans<br>Fresh Fruit<br>Soy Milk             | 7<br>Lemon Chicken<br>Red Rice & Roasted<br>Broccoli<br>Fresh Fruit<br>Soy Milk                   |
| 10<br>Arroz Con Pollo<br>(Corn)<br>Seasoned Peas<br>Fresh Fruit<br>Soy Milk  | 11<br>BBQ Chicken<br>Brown Rice &<br>Seasoned Carrot<br>Fresh Fruit<br>Soy Milk      | 12<br>Southwest Chicken<br>Red Rice & Green<br>Beans<br>Fresh Fruit<br>Soy Milk          | 13<br>Greek Chicken<br>Brown Rice & Steamed<br>Corn & Black Beans<br>Fruit<br>Soy Milk           | 14<br>Teriyaki Chicken<br>Red Rice & Roasted<br>Broccoli & Cauliflower<br>Fresh Fruit<br>Soy Milk |
| 17<br>Jerk Chicken<br>Brown Rice &<br>Seasoned Peas &<br>Carrots<br>Fresh Fruit<br>Soy Milk  | 18<br>Lemon Chicken<br>Red Rice & Seasoned<br>Green Beans<br>Fresh Fruit<br>Soy Milk | 19<br>BBQ Chicken<br>Brown Rice & Seasoned<br>Carrots<br>Fresh Fruit<br>Soy Milk         | 20<br>Southwest Chicken<br>Red Rice & & Steamed<br>Corn & Black Beans<br>Fresh Fruit<br>Soy Milk | 21<br>Arroz Con Pollo<br>(Corn)<br>Roasted Broccoli<br>Fresh Fruit<br>Soy Milk                    |
| 24<br>BBQ Chicken<br>Brown Rice &<br>Seasoned Carrots &<br>Corn<br>Fresh Fruit<br>Soy Milk   | 25<br>Greek Chicken<br>Red Rice & Green<br>Beans<br>Fresh Fruit<br>Soy Milk          | 26<br>Teriyaki Chicken<br>Brown Rice & Carrots<br>Fresh Fruit<br>Soy Milk                | 27<br>Jerk Chicken<br>Red Rice & Seasoned<br>Corn & Black Beans<br>Fresh Fruit<br>Soy Milk       | 28<br>Lemon Chicken<br>& Roasted Broccoli &<br>Cauliflower<br>Fresh Fruit<br>Soy Milk             |
| <b>Fruit Serving</b><br>Apples (Whole/Sliced)<br>Fruit Cocktail<br>Fruit/ Apple Juice<br>(6oz)<br>Pears<br>Oranges<br>(Whole/Sliced) |  |  |  |   |