

April - 2024

651-453-1136

Nourishing bodies, minds and cultures. This institution is an equal opportunity provider Follow us on Menu Name : K-8 Allergen Free Lunch Menu

No Dairy No Gluten (No Wheat)

Grade Level / Age Group : K-8 Grades

No Shell Fish No Sesame (Seeds & Oil)

Meal: Lunch

Meal Pattern : NSLP

Black Bean & Fresh Carrots  Steamed Green Beans  Fruit of the Day  Fruit of the Day  Fruit of the Day  Milk Substitute  Milk	No Gluten (No Wheat)  No Egg  No Peanuts  No Soy  No Tree Nuts  No Fish  No Sunflower (Seeds, Oil & Butter)							
Seamed Rice   Serve Genomed Bear   Steamed Rice   Steamed Ric		Monday, April 1, 2024	Tuesday, April 2, 2024	Wednesday, April 3, 2024	Thursday, April 4, 2024	Friday, April 5, 2024		
Black Scan & Freeh Carrots   Steamed Green Beans   Fault of the Day   Presist Procession   Black Beans & Carrots   Presist of the Day   Professional Development   Presist Bibby Carrots   Black Beans & Corn   No School   No		Yummy Beef & Scallion	Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Fillet	Beef Taco Meat Over Rice		
Fruit of the Day Milk Substitute  Prifetay, April 12, 2024  Thursday, April 11, 2024 Thursday, April 11, 2024 Thursday, April 11, 2024 Thursday, April 11, 2024 Thursday, April 11, 2024 Thursday, April 11, 2024 Thursday, April 11, 2024 Thursday, April 11, 2024 Thursday, April 11, 2024 Thursday, April 11, 2024 Thursday, April 12, 2024 Milk Substitute Milk Substitute  Milk Substitute  Monday, April 15, 2024 Thursday, April 18, 2024 Thursday, April 28, 2024 Thursday, Apri	)aal	Golden Corn Chips	Steamed Rice	Steamed Peas	Steamed Rice	Serve Seasoned Beef on Brown Rice		
Fruit of the Day Milk Substitute  Deef Nachos Steamed Rice Trace Beef & Galden Corn Chips Fruit of the Day Fruit of the Day Fruit of the Day Milk Substitute  Milk Substitute  Conferences Conferences Professional Development No School No Schoo	Hot Me	Black Bean & Fresh Carrots	Steamed Green Beans	Fruit of the Day	Fresh Broccoli	Black Beans & Carrots		
Monday, April 8, 2024  Tuesday, April 9, 2024  Tuesday, April 10, 2024  Thursday, April 11, 2024  Thursday, April 11, 2024  Thursday, April 11, 2024  Thursday, April 11, 2024  Thursday, April 12, 2024  Thursday, April 11, 2024  Thursday, April 11, 2024  Thursday, April 11, 2024  Thursday, April 11, 2024  Thursday, April 12, 2024  Thursday, April 11, 2024  Thursday, April 12, 2024  Thursday, April 12, 2024  Thursday, April 18, 2024  Thursday, April 11, 2024  Thursday, April 18, 2024  Thursday, April 22, 2024  Thursday, April 22, 2024  Thursday, April 22, 2024  Thursday, April 22, 2024  Thursday, April 23, 2024  Thursday, April 24, 2024  Thursday, April 25, 2024  Thursday, April 25, 2024  Thursday, April 25, 2024  Thursday, April 26, 2024  Thursday, April 28, 2024		Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day	Fruit of the Day & Corn Chips		
Chicken Supreme Steamed Rice Taco Beef & Golden Corn Chips Ross Holdy Carrots Fruit of the Day Mills Substitute  Medday, April 15, 2024 Tuesday, April 16, 2024 Tuesday, April 16, 2024 Tuesday, April 16, 2024 The Day Mills Substitute  Mills Substi		Milk Substitute	Milk Substitute		Milk Substitute	Milk Substitute		
Steamed Rice Taco Beef & Golden Com Chips Fresh Batry Carrots Fresh Batry Carrots Fruit of the Day Milk Substitute  Monday, April 15, 2024 Milk Substitute  Monday, April 15, 2024 Fruit of the Day Fruit of the Day Fruit of the Day Fruit of the Day Milk Substitute  Monday, April 15, 2024 Tuesday, April 16, 2024 Mednesday, April 17, 2024 Thursday, April 18, 2024 Friday, April 19, 2024 Chicken Fried Rice Batry Carrots Batr		Monday, April 8, 2024	Tuesday, April 9, 2024	Wednesday, April 10, 2024	Thursday, April 11, 2024	Friday, April 12, 2024		
Fresh Baby Carrots Fruit of the Day Milk Substitute  Monday, April 15, 2024  Tuesday, April 16, 2024  Chicken Fried Rice Beef & Broccoli Chicken Fajita w/Rice Beef Meatballs Chicken & Potatoes Brown Rice Seasoned Chicken & Peppers Brown Rice Steamed Rice Truit of the Day Milk Substitute		Chicken Supreme	Beef Nachos					
Fruit of the Day Milk Substitute Monday, April 15, 2024 Tuesday, April 16, 2024 Thursday, April 18, 2024 Thursday, April 26, 2024 Thursday, April 26, 2024 Thursday, April 26, 2024 Thursday, April 22, 2024 Thursday, April 26, 2024 Thursday, April 25, 2024 Thursday, April 26, 2024 Thursday, April 25, 2024 Thursday, April 26, 2024 Thursday, April	lac	Steamed Rice	Taco Beef & Golden Corn Chips	Conferences	Conferences	Professional Development Day		
Fruit of the Day Milk Substitute  Monday, April 15, 2024  Thursday, April 18, 2024  Friday, April 19, 2024  Chicken Fried Rice  Baeby Carrots  Brown Rice  Seasoned Chicken & Peppers  Brown Rice  Steamed Green Beens  Crisp Broccoll  Com Chips  Fruit of the Day  Black Beans  Fruit of the Day  Fruit of the Day  Milk Substitute  Steamed Rice  Milk Substitute  Milk Subst	Hot M	Fresh Baby Carrots	Black Bean & Corn	No School	No School	No School		
Monday, April 15, 2024  Tuesday, April 16, 2024  Wednesday, April 17, 2024  Thursday, April 18, 2024  Friday, April 19, 2024  Chicken Fried Rice  Beef & Broccoli  Chicken Fajita w/Rice  Ber Meatballs  Chicken & Potatoes  Steamed Rice  Steamed Green Beans  Crisp Broccoli  Com Chips  Fruit of the Day  Milk Substitute  Milk Substi		Fruit of the Day	Fruit of the Day					
Chicken Fried Rice Bedy Carrots Brown Rice Bedy Carrots Brown Rice Bedy Carrots Brown Rice Seasoned Chicken & Peppers Brown Rice Steamed Green Beans Crisp Broccoli Corn Chips Fruit of the Day Milk Substitute Milk Substitut		Milk Substitute	Milk Substitute					
Baby Carrots Fruit of the Day  Steamed Corn  Served w/ Brown Rice Steamed Green Beans Crisp Broccoli  Fruit of the Day Milk Substitute  Monday, April 22, 2024 Tuunay Beef & Scallion Golden Corn Chips Steamed Rice Steamed Peas Steamed Rice Steamed Rice Steamed Rice Steamed Rice Steamed Rice Fruit of the Day Milk Substitute Steamed Rice Fresh Baby Carrots Black Bean & Corn Steamed Rice Fresh Baby Carrots Black Bean & Corn Steamed Rice Fresh Baby Carrots Black Bean & Corn Steamed Rice Fresh Baby Carrots Black Bean & Corn Steamed Rice Fresh Baby Carrots Black Bean & Corn Steamed Rice Fresh Baby Carrots Black Bean & Corn Steamed Rice Fresh Baby Carrots Black Bean & Corn Steamed Rice Fresh Baby Carrots Black Bean & Corn		Monday, April 15, 2024	Tuesday, April 16, 2024	Wednesday, April 17, 2024	Thursday, April 18, 2024	Friday, April 19, 2024		
Fruit of the Day  Steamed Corn  Served w/ Brown Rice  Steamed Green Beans  Crisp Broccoli  Crom Chips  Fruit of the Day  Milk Substitute  Milk		Chicken Fried Rice	Beef & Broccoli	Chicken Fajita w/Rice	Beef Meatballs	Chicken & Potatoes		
Milk Substitute  Milk S	<u>8</u> 8	Baby Carrots	Brown Rice	Seasoned Chicken & Peppers	Brown Rice	Steamed Rice		
Milk Substitute  Milk S	Hot	Fruit of the Day	Steamed Corn	Served w/ Brown Rice	Steamed Green Beans	Crisp Broccoli		
Monday, April 22, 2024  Yummy Beef & Scallion  Chicken Sukkhar  Beef Fried Rice  Spice Rubbed Chicken Fillet  Beef Taco Meat Over R  Steamed Rice  Fruit of the Day  Milk Substitute		Corn Chips	Fruit of the Day	Black Beans	Fruit of the Day	Fruit of the Day		
Yummy Beef & Scallion  Chicken Sukkhar  Beef Fried Rice  Spice Rubbed Chicken Fillet  Beef Taco Meat Over Red  Golden Corn Chips  Steamed Rice  Steamed Rice  Steamed Rice  Steamed Rice  Steamed Rice  Steamed Rice  Fruit of the Day  Milk Substitute		Milk Substitute	Milk Substitute	Fruit of the Day & Milk Substitute	Milk Substitute	Milk Substitute		
Golden Corn Chips  Steamed Rice  Steamed Peas  Steamed Rice  Steamed Rice  Serve Seasoned Beef on Brown I  Black Bean & Fresh Carrots  Fruit of the Day  Fruit of the Day  Milk Substitute  Milk Substitute  Milk Substitute  Milk Substitute  Monday, April 29, 2024  Chicken Supreme  Beef Nachos  Steamed Rice  Taco Beef & Golden Corn Chips  Black Bean & Corn  Black Bean & Corn  Steamed Rice  Serve Seasoned Beef on Brown I  Black Beans & Carrots  Fruit of the Day  Fruit of the Day  Fruit of the Day  Milk Substitute  Milk Substitute  Milk Substitute		Monday, April 22, 2024	Tuesday, April 23, 2024	Wednesday, April 24, 2024	Thursday, April 25, 2024	Friday, April 26, 2024		
Black Bean & Fresh Carrots Fruit of the Day Fruit of the Day Milk Substitute  Milk Substitute  Monday, April 29, 2024  Chicken Supreme Steamed Rice Fresh Baby Carrots  Black Beans & Carrots Fruit of the Day Milk Substitute Fruit of the Day Milk Substitute  Milk Substitute  Milk Substitute  Milk Substitute  Black Beans & Carrots Fruit of the Day Milk Substitute  Milk Substitute  Milk Substitute  Milk Substitute		Yummy Beef & Scallion	Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Fillet	Beef Taco Meat Over Rice		
Fruit of the Day Fruit of the Day Milk Substitute Fruit of the Day Milk Substitute Fruit of the Day Fruit of the Day & Corn Chips Milk Substitute Milk Substitute  Milk Substitute  Milk Substitute  Milk Substitute  Milk Substitute  Milk Substitute  Milk Substitute  Milk Substitute  Fruit of the Day & Corn Chips Milk Substitute  Milk Substitute  Milk Substitute  Milk Substitute  Milk Substitute	<u> </u>	Golden Corn Chips	Steamed Rice	Steamed Peas	Steamed Rice	Serve Seasoned Beef on Brown Rice		
Milk Substitute	Hot M	Black Bean & Fresh Carrots	Steamed Green Beans	Fruit of the Day	Fresh Broccoli	Black Beans & Carrots		
Monday, April 29, 2024  Chicken Supreme Beef Nachos  Steamed Rice Taco Beef & Golden Corn Chips  Fresh Baby Carrots  Black Bean & Corn		Fruit of the Day	Fruit of the Day	Milk Substitute	Fruit of the Day	Fruit of the Day & Corn Chips		
Chicken Supreme  Beef Nachos  Steamed Rice Taco Beef & Golden Corn Chips  Fresh Baby Carrots  Black Bean & Corn		Milk Substitute	Milk Substitute		Milk Substitute	Milk Substitute		
Steamed Rice Taco Beef & Golden Corn Chips Fresh Baby Carrots Black Bean & Corn		Monday, April 29, 2024	Tuesday, April 30, 2024					
Fresh Baby Carrots  Black Bean & Corn		Chicken Supreme	Beef Nachos					
	eal	Steamed Rice	Taco Beef & Golden Corn Chips					
	Hot M	Fresh Baby Carrots	Black Bean & Corn					
		Fruit of the Day	Fruit of the Day					
Milk Substitute Milk Substitute		Milk Substitute	Milk Substitute					
Milk Substitute includes but not limited to Soyfree milk, Lactose Free Milk or Cow's Milk (For Non-Dairy Allergic Particpants ) etc.		Milk Substit	tute includes but not limited to Soy	free milk, Lactose Free Milk or Cov	v's Milk (For Non-Dairy Allergic Parti	cpants ) etc.		

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

All rice dishes /rice products are made of whole grain brown rice.



	May 2024 Menu (Subject to Change)							
			Wednesday, May 1, 2024	Thursday, May 2, 2024	Friday, May 3, 2024			
			Marinated Grilled Chicken Fillet	Chicken Pilaf	Beef & Potatoes			
leal			Brown Rice	Sliced Cucumbers	Steamed Rice			
Hot Meal			Crisp Broccoli	Fruit of the Day	Steamed Peas			
			Fruit of the Day	Milk Substitute	Fruit of the Day			
			Milk Substitute		Milk Substitute			
	Monday, May 6, 2024	Tuesday, May 7, 2024	Wednesday, May 8, 2024	Thursday, May 9, 2024	Friday, May 10, 2024			
	Chicken Fried Rice	Beef & Broccoli	Chicken Fajita w/Rice	Beef Meatballs	Chicken & Potatoes			
eal	Baby Carrots	Brown Rice	Seasoned Chicken & Peppers	Brown Rice	Steamed Rice			
Hot Meal	Fruit of the Day	Steamed Corn	Served w/ Brown Rice	Steamed Green Beans	Crisp Broccoli			
	Corn Chips	Fruit of the Day	Black Beans	Fruit of the Day	Fruit of the Day			
	Milk Substitute	Milk Substitute	Fruit of the Day & Milk Substitute	Milk Substitute	Milk Substitute			