



Lunch is served from
11:00am-1:00pm daily
Times vary by center

April 2013

Menus are subject to
change without notice.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
Green Chile Hamburger Lettuce/Tomato/Pickle/Onion Onion Rings Green Beans Chocolate Pudding		Curried Chicken Mashed Potatoes w/ Gravy Steamed Broccoli Whole Wheat Roll w/Margarine Applesauce		Grilled Turkey Cutlets Carrots w/ Margarine French Bread Sliced Grapefruit Oatmeal Cookie		Braised Pork Chops Peas w/ Margarine Green Salad Biscuit w/ Margarine Sliced Pears		Baked Fish Paprika Steamed Broccoli Spinach Salad Apple Slices Lowfat Yogurt	
8		9		10		11		12	
Chicken Fajita Calabacitas Tossed Salad Fruit Cocktail Raisin Cookie		Spaghetti & Meat Sauce Garden Salad Garlic Bread Jell-O w/ Fruit		Caesar Salad w/ Chicken Garlic Bread Yogurt Peanut Butter Cookie		Baked Spicy Fish Wild Rice Mixed Vegetables Whole Wheat Roll w/ Margarine Pears		Burrito Bean & Cheese Burrito Spanish Rice Salsa Brownie w/ Vanilla Ice Cream	
15		16		17		18		19	
Chicken Salad Whole Wheat Roll Cucumber Salad Apricots Sugar cookie		Vegetarian Lasagna Caesar Salad Garlic French Bread Plum Cobbler		Frito Pie Pinto Beans Calabacitas Lettuce & Tomatoes & Onions Angel Food Cake w/ Strawberries		Braised Pork Chops 3 Bean Salad Whole Wheat Roll Steamed Peas Applesauce		Dill Baked Fish Tossed Salad w/ Ranch Dressing Steamed Corn Breadstick Mandarin Oranges	
22		23		24		25		26	
Fiesta Hamburger Potato Wedges Garden Salad Plain Yogurt w/ Canteloupe		Chicken Fettuccini Spinach Garlic Bread Pears		Turkey Wrap Lettuce/Tomato/Cheese Potato Salad Jell-O with Fruit		RC Beef Enchilada Salsa Corn Salad & Dressing Vanilla Ice Cream		Ham & Beans Sliced Red Peppers Cornbread w/ Margarine Cherry Cobbler	
29		30		Menu Created by Jewel Pacheco Program Secretary				Lunch is served with 2% milk	
Beef Tacos Lettuce/Tomato Spanish Rice Pinto Beans Jell-O w/ Pears		Egg Salad Sandwich Celery and Carrot Sticks Green Salad Strawberry Shortcake						Lunch is served with 2% milk	