

**FLIPANY Lunch & Snack Menu
2016-2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: water is <u>not</u> a credible food item).		*Requires a Child Nutrition (CN) Label.	Daily milk requirement: unflavored lowfat (1%) or unflavored/flavored fat free (skim)	
<p>April 10 <u>Lunch</u> Baked Slices Turkey 2oz Sweet Potatoes Green Beans Whole Wheat Bread 1 slice <i>Butter or Margarine</i> Milk</p> <p><u>Snack</u> Cottage Cheese Pineapple</p>	<p>April 11 <u>Lunch</u> *Beefaroni Spinach Fruit Salad Garlic Bread Milk</p> <p><u>Snack</u> Applesauce Blueberry Muffin</p>	<p>April 12 <u>Lunch</u> *Picadillo Sliced Tomatoes Tropical Mixed Fruit Congri; Cuban Bread Milk</p> <p><u>Snack</u> Carrot, Pineapple and Raisin Salad Whole Grain Triangle Crackers</p>	<p>April 13 <u>Lunch</u> *Breaded Fish <i>Ketchup</i> Mixed Vegetables Mandarin Oranges Whole Grain Roll Milk</p> <p><u>Snack</u> Sliced Turkey 1 ½ oz Whole Wheat Bread 1 slice <i>Mayo & Mustard</i></p>	<p>April 14 <u>Lunch</u> *Arroz Con Pollo Mixed Greens Salad (Spinach, Romaine, Tomato, Cucumber) <i>Lowfat French Dressing</i> Peaches Cuban Bread or Roll</p> <p><u>Snack</u> Banana Pretzels</p>

