

Quality Culinary –

April 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3/28-*Ropa Vieja (2oz) Black Beans (1/2c) Pineapple (1/4c) Brown Rice (1/2c) 1% Milk (8oz)</p>	<p>3/29-*Breaded Chicken Patty (2oz) Green Peas (1/2c) Apple Slices (1/4c) Roll (1 ea) 1% Milk (8oz)</p>	<p>3/30-*Meatloaf (2oz) Ketchup Fresh Mashed Potato (1/2c) Fruit Cocktail (1/4c) Whole Grain Bread (1 slice) 1% Milk (8oz)</p>	<p>3/31-*Spaghetti & Meat Sauce (2oz) Steamed Baby Carrots (1/2) Salad (spinach, romaine, tomato, cucumber) (1/2c) Macaroni (1/4c) Garlic Bread (1 slice) LF Ranch Dressing 1% Milk (8oz)</p>	<p>4/1-*Slice - Cheese Pizza (2oz) Mixed Vegetables (1/2c) Pears (1/4c) Pizza Crust (1 slice) 1% Milk (8oz)</p>
<p>4/4-*Roast Beef (2oz) Green Peas (1/2c) Pineapple (1/4c) Brown Rice or Enriched White Rice (1/2c) 1% Milk (8oz)</p>	<p>4/5-*Breaded Fish (2oz) Ketchup Steamed Baby Carrots (1/2c) Salad (spinach, romaine, tomato, cucumber) (1/2c) Soft Roll (1 ea) LF Italian Dressing 1% Milk (8oz)</p>	<p>4/6-*Picadillo (2oz) Yucca (1/2c) Mixed Vegetables (1/4c) Congri (1/2c) 1% Milk (8oz)</p>	<p>4/7-*Baked Chicken (2oz) Butternut Squash (1/2c) Broccoli (1/4c) Cuban Bread (1 slice) LF Ranch Dip 1% Milk (8oz)</p>	<p>4/8-*Hamburger (2oz) Bun (1 ea) Oven Fried Potatoes (1/2c) Pears (1/4c) Lettuce & Tomato 1% Milk (8oz)</p>
<p>4/11-*Chicken Gravy/Sauce (2oz) Peas & Carrots (1/2c) Peaches (1/4c) *Macaroni & Cheese (1/2c) 1% Milk (8oz)</p>	<p>4/12-*Beef Empanada (2oz) Congri (1/2c) Plantains (1/2c) Tomato Slices (1/4c) 1% Milk (8oz)</p>	<p>4/13-*Ravioli Broccoli, Cauliflower, Carrots (1/2c) Mandarins (1/4c) WG Roll (1 ea) 1% Milk (8oz)</p>	<p>4/14-*Cuban Stew with Beef (2oz) Mixed Vegetables (1/2c) Moros (1/2c) Fresh Fruit (1/4c) 1% Milk (8oz)</p>	<p>4/15-*Chicken Nuggets (2oz) Fresh Mashed Potatoes Salad (spinach, romaine, tomato, cucumber) (1/2c) Italian Dressing Soft Roll (1 ea) 1% Milk (8oz)</p>
<p>4/18-Baked Sliced Chicken (2oz) Roasted Sweet Potato (1/2c) Fresh Broccoli Florets(1/4c) LF Ranch Dressing Whole Grain Bread (1 slice) 1% Milk (8oz)</p>	<p>4/19-*Beefaroni (2oz) Cooked Carrots (1/2c) Applesauce (1/4c) Macaroni (1/4c) Garlic Bread (1 slice) 1% Milk (8oz)</p>	<p>4/20-*Picadillo (2oz) Corn (1/2c) Fresh Fruit (1/4c) Congri (1/4c-1/2c) Cuban Bread (1 slice) 1% Milk (8oz)</p>	<p>4/21-*Lasagna with Ground Turkey or Beef (2oz) Mixed Vegetables (1/2c) Mandarin Oranges (1/4c) Soft Roll (1 ea) 1% Milk (8oz)</p>	<p>4/22-*Arroz Con Pollo (2oz) Green Beans (1/2c) Salad (spinach, romaine, tomato, cucumber) (1/2c) Brown Rice (1/2c) LF Ranch Dressing 1% Milk (8oz)</p>
<p>4/25-Roast Turkey Slices (2oz) Peas & Carrots (1/2c) Pears (1/4c) Moros (1/2c) 1% Milk (8oz)</p>	<p>4/26-*Chicken Nuggets (2oz) Ketchup Steamed Broccoli (1/2c) Applesauce (1/4c) Whole Grain Bread (1 slice) 1% Milk (8oz)</p>	<p>4/27-*Hamburger (2oz) Green Beans (1/2c) Fresh Fruit (1/4c) Bun (1 ea) Ketchup Packet 1% Milk (8oz)</p>	<p>4/28-*Fricassee de Pollo (2oz) Baby Carrots (1/2c) Red Beans (1/4c) Brown Rice (1/2c) 1% Milk (8oz)</p>	<p>4/29-*Turkey Cuban Sandwich (2oz) Swiss & Pickles Roasted New Potatoes (1/2c) Salad (spinach, romaine, tomato, cucumber) (1/2c) Cuban Bread (1 slice) French Dressing 1% Milk (8oz)</p>