

April 2016

The Children's House

LUNCH

All lunches include starch, fruits, vegetables, and milk
Menu subject to change



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday

Tuesday

Wednesday

Thursday

Friday



Chicken ⁴
Long
Rice

Spaghetti ⁵

Chicken Adobo ⁶

Chicken Patty ⁷
with Gravy

Tuna Sandwich ⁸

Ravioli ¹¹

Beef Nachos ¹²

Beef Stew ¹³

Chili ¹⁴

BBQ Pork
Sandwich ¹⁵

Manapua ¹⁸
with
Fried Noodles

Beanie Weenie ¹⁹

Beef Quesadilla ²⁰
with Spanish Rice

Shoyu Chicken ²¹

Cheeseburger ²²

Teriyaki ²⁵
Meatballs

Baked Macaroni ²⁶

Corned ²⁷
Beef
Hash

Grilled ²⁸
Ham and Cheese
Sandwich

Chicken Salad ²⁹
Sliders