



# APRIL | 2018

## Salad Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Chicken Spinach Salad Pineapple Three Bean Salad Light Ranch 4	<b>3</b> Fresh Fruit Plate Cottage Cheese Sweet Bread 5	<b>4</b> Southwest Salad Fruit Cocktail Wheat Bread French dressing 5	<b>5</b> Caramel Apple Salad Carrots and Celery Sticks Beets Orange Juice 6	<b>6</b> Antipasta Salad Cherry Tomatoes Yogurt Crackers 7
<b>9</b> Crab Pasta Salad Carrot and Celery Sticks Raisins 7	<b>10</b> Calypso Salad Peaches Wheat Roll Fat Free Raspberry Vinaigrette 5	<b>11</b> Cobb Salad Fresh Banana Muffin French Dressing 5	<b>12</b> Cottage Cheese with Fruit Cherry Tomatoes Yogurt Crackers 6	<b>13</b> Ranch Pasta Salad Cucumber Slices Fresh Orange 7
<b>16</b> Walnut Pear Salad Carrot & Celery Sticks Yogurt Fat Free Raspberry Vinaigrette 6	<b>17</b> Oriental Chicken Beets Banana Sesame Ginger Dressing 5	<b>18</b> Beef & Bleu Salad Peaches Wheat Roll Orange Juice Bleu Cheese Dressing 6	<b>19</b> Caprese Salad String Cheese Rye Bread Margarine Fat Free Italian Dressing 4	<b>20</b> Crab Cobb Salad Fruit Cocktail Muffin Margarine Fat Free Ranch Dressing 5
<b>23</b> BLT Club Salad Applesauce Dinner Roll Cucumber Slices Fat Free French Dressing 5	<b>24</b> Power Salad Raisins Wheat Bread Margarine Fat Free Ranch Dressing 5	<b>25</b> Ambrosia Carrot & Celery Sticks Muffin 7	<b>26</b> Asian Sesame Ginger Cherry Tomatoes Banana Saltine Crackers Sesame Ginger Dressing Cake 7	<b>27</b> Orange Feta Salad Tropical Fruit Wheat Roll Margarine Apple Juice Fat Free Italian Dressing 7
<b>30</b> Taco Salad Tortilla Chips Fresh Apple Taco Sauce 6			<b>***The Numbers reflect the carb count for each meal. 1 carb count = 15g of carbohydrates</b>	

### Menu

Includes Low Fat Milk

Meals Include 1/3 of the  
Recommended Daily Allowance  
(RDA)

Meals Subject to Change

### Special Events

April 1: Easter

April 19: Spring Fling Party

April 26: Birthday  
Celebration



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