

APRIL | 2025

Salad Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>31 carb count = 15g of carbohydrates</p>	<p>1 Chicken Fruit Salad Cherry Tomatoes Wheat Bread/Butter Apricots Ranch Dressing 4</p>	<p>2 Apple Almond Salad Carrot/Celery Sticks Dinner Roll/Butter 5</p>	<p>3 Taco Salad Tortilla Chips Fresh Fruit 6</p>	<p>4 Strawberry Spinach Salad Cucumber Slices Raisins Raspberry Vinaigrette Dressing 4</p>
<p>7 Buffalo Chicken Salad Mandarin Oranges Wheat Bread/Butter Ranch Dressing 6</p>	<p>8 Chef Salad Diced Pears Wheat Bread/Butter Raspberry Vinaigrette Dressing 5</p>	<p>9 Creamy Fruit Salad Carrot/Celery Sticks Sweet Bread/Butter 6</p>	<p>10 Turkey Pasta Salad Cucumber Slices Raisins 4</p>	<p>11 Loaded Spinach Salad Diced Pears Rye Bread/Butter Fresh Fruit French Dressing 6</p>
<p>14 Caramel Apple Salad Carrot/Celery Sticks Beets Orange Juice 6</p>	<p>15 Southwest Salad Fruit Cocktail Wheat Bread/Margarine French Dressing 5</p>	<p>16 Fresh Fruit Plate Cottage Cheese Sweet Bread 5</p>	<p>17 Antipasti Salad Cherry Tomatoes Fruited Yogurt Crackers 7</p>	<p>18 Chicken Spinach Salad Pineapple Tidbits Three Bean Salad Ranch Dressing 4</p>
<p>21 Crab Pasta Salad Carrot/Celery Sticks Raisins 7</p>	<p>22 Ranch Pasta Salad Cucumber Slices Fresh Fruit 7</p>	<p>23 Cottage Cheese with Fruit Cherry Tomato Fruited Yogurt Crackers 6</p>	<p>24 Cobb Salad Fresh Fruit Muffin/Margarine French Dressing Birthday Cake 6</p>	<p>25 Calypso Salad Peaches Wheat Bread/Margarine FF Raspberry Vinaigrette Dressing 5</p>
<p>28 Walnut Pear Salad Carrot/Celery Sticks Fruited Yogurt FF Raspberry Vinaigrette Dressing 6</p>	<p>29 Beef & Bleu Salad Peaches Wheat Roll/Margarine Orange Juice Bleu Cheese Dressing 6</p>	<p>30 Oriental Chicken Salad Beets Fresh Fruit Ginger Dressing 5</p>	<p>1</p>	<p>2</p>

**Menu includes
Low Fat Milk**

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

**Meals Subject
to Change**

4-24 Birthday Celebration



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