

April 2014



Available Daily:
Fresh Fruit
Milk
Menu Subject To
Change

TRI-VALLEY ELEMENTARY LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrient
	Chicken Nuggets Dinner Roll (WG) Turkey & Cheese Wrap Baby Carrots Celery Sticks Sliced Pears	Cheese Pizza (WG) Pepperoni Pizza (WG) Fresh Broccoli Fresh Cauliflower Fresh Orange Wedges Vanilla Pudding	Beef Ravioli Garlic Toast Deli Ham & Cheese (WG) Three Bean Salad Sliced Peaches	Breaded Fish Patty (WG) on bun Chef Salad Breadsticks Sweet Gulaia Com Strawberries	Cal 315 T.Fat 17.42 G S.Fat 5.1 G Prtn 31.59 G Calc 538.37 Mg Vit A 478.86 PE Vit C 31.73 Mg
BBQ Sloppy Joe on bun Chef Salad Breadsticks French Fries Sliced Pears Dill Pickle Slices	Chicken Patty w/Bun Ham & Turkey Deli (WG) Baked Beans Sliced Peaches	Com Dog Ranch Chicken Salad Coleslaw Romaine Salad Cherry Tomatoes Fruit Cocktail	Chicken Fajitas Turkey Caesar Wrap Baby Carrots Celery Sticks Strawberries	Cheese Pizza (WG) Pepperoni Pizza (WG) Steamed Carrots Fresh Orange Wedges Vanilla Pudding	Cal 304 T.Fat 15.54 G S.Fat 4.1 G Prtn 31.08 G Calc 476.69 Mg Vit A 321.72 PE Vit C 32.72 Mg
Meatball Sub (WG) Ham & Cheese Wrap (WG) Green Beans Cinnamon Apples	Chicken & Noodles Breadsticks Chef Salad Com Applesauce	Pancakes Scramble Eggs Turkey & Cheese Wrap Later Lots Orange Juice	Nacho Grande Ham & Turkey Deli (WG) Refried Beans Cherry Tomatoes Sliced Peaches Cheddar Goldfish Crackers (WG) Salsa	Mac & Cheese Breadstick Ranch Chicken Salad Breadsticks Steamed Broccoli Strawberries	Cal 342 T.Fat 16.14 G S.Fat 5.5 G Prtn 32.07 G Calc 531.87 Mg Vit A 329.75 PE Vit C 35.00 Mg
No School	Twin Beef Taco Chef Salad Breadsticks Lossed Salad Pineapple Tidbits Salsa	Spaghetti & Meatsauce Turkey Caesar Wrap Breadsticks Three Bean Salad Mixed Fruit	Chicken Nuggets Breadstick Deli Ham & Cheese (WG) Mashed Potatoes Gravy Sliced Pears	Pepperoni Pizza (WG) Cheese Pizza (WG) Steamed Carrots Fresh Orange Wedges Vanilla Pudding	Cal 325 T.Fat 16.22 G S.Fat 5.4 G Prtn 32.66 G Calc 530.07 Mg Vit A 368.12 PE Vit C 35.11 Mg
Meatball Sub (WG) Ham & Cheese Wrap (WG) Green Beans Cinnamon Apples	BBQ Pork Riblet on Bun (WG) Turkey & Cheese Deli Baby Carrots Celery Sticks Sliced Pears	Chicken Fajitas Chef Salad Breadsticks Refried Beans Applesauce (WG) Bread & Butter Salsa			Cal 324 T.Fat 13.24 G S.Fat 4.4 G Prtn 34.30 G Calc 521.15 Mg Vit A 617.25 PE Vit C 14.84 Mg

