



April 2010

MONDAY 5th	TUESDAY 6th	WEDNESDAY 7th	THURSDAY 8th	FRIDAY 9th
No School for GTACS	Pasta Marinara (df) Or Ham and Cheese Sandwich STEAMED BROCCOLI	Chicken or Vegetable Gyros (df) And Israeli Couscous GREEK SALAD	Turkey Tetrazzini Or Chicken Caesar Wrap QUINOA WITH DRIED CHERRIES	Barbequed Chicken Sandwich (df) Or White Bean Chili ROASTED CAULIFLOWER
MONDAY 12th	TUESDAY 13th	WEDNESDAY 14th	THURSDAY 15th	FRIDAY 16th
Plevalean Burger (df) Or Turkey and Cheese Sandwich GREEN BEANS	Chicken Cacciatore (df) Or Local Brats ROASTED ZUCCHINI	LBI Pizza Or Ham and Cheese Sandwich WILD RICE MEDLEY	GTACS Half Day	GTACS Half Day
MONDAY 19th	TUESDAY 20th	WEDNESDAY 21st	THURSDAY 22nd	FRIDAY 23rd
Chicken Taco Or Chili SOUTHWESTERN CAESAR SALAD	Pasta Bolognese (df) Or Chicken Wild Rice Soup STEAMED BROCCOLI	Barbequed Chicken Pita Pizza Or Egg Salad on Wheat GREEN BEANS	Grilled Cheese Or Vegetable Hummus Wrap TOMATO BASIL SOUP	Braised Pork Loin (df) Or Italian Sub BRAISED CABBAGE WITH APPLES



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MONDAY 26th	TUESDAY 27th	WEDNESDAY 28th	THURSDAY 29th	FRIDAY 30th
Local Hot Dogs Or Turkey Mozzarella Sandwich STEAMED CORN	Penne with Pesto and Asparagus Or Ham and Cheese Sandwich ROASTED CAULIFLOWER	LBI French Bread Pizza Or Chicken Salad Wrap BULGUR WHEAT	Roast Turkey with Homemade Gravy (df) Or Tomato Soup ROASTED ASPARAGUS	Sirloin Burger (df) Or Tuna Salad in Pita BAKED REDSKIN POTATOES
Milk, Fruit, Veggies, Grain or Bread	Milk, Fruit, Veggies, Grain or Bread	Milk, Fruit, Veggies, Grain or Bread	Milk, Fruit, Veggies, Grain or Bread	Milk, Fruit, Veggies, Grain or Bread

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Get to know the menu

df – Dairy-free

Penne- A tube-shaped pasta associated with the southern area of Italy.

Pesto- A sauce originating in Genoa, Italy consisting of pureed basil, garlic, pine nuts, parmesan, and olive oil.

Bulgur Wheat- A cracked wheat grain originating in the Middle East.

Braising - Is a method of preparing cuts of meat by slowly cooking it with moist heat. You would use this method for cooking less-tender cuts of pork, beef, and lamb.

Quinoa (keen- wah) - A gluten-free grain indigenous to South America. A complete protein containing all 8 essential amino acids.

Couscous- A small, pellet-shaped pasta made from semolina flour.

Tetrazzini- A casserole made with noodles, cream sauce, and either chicken, turkey, or seafood.

Thank you to our corporate sponsors of Life Balance Initiative

If you are interested in a sponsorship opportunity, please contact Wayne Mueller at 995-8428.





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