

Amana Academy April Lunch Menu 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3. SPRING BREAK WEEK	4 SPRING BREAK WEEK	5. SPRING BREAK WEEK	6. SPRING BREAK WEEK	7. SPRING BREAK WEEK
10. M/MA/G- Baked Beef Corn Dogs V-3/4c Green Beans F- Mixed Fruit M -Low fat or skim milk Veggie Hot Dog	11. M/MA -Taco Bake w/Shredded Cheese G -WW Tortilla Shell V -3/4 cup Mexican Black Beans F -Diced Pears M-Low fat or skim milk Veggie Taco	12. M/MA- Baked Teriyaki Chicken G- Brown Rice V -3/4 cup Steamed Broccoli F –Tropical Fruit M-Low fat or skim milk Baked Tofu Teriyaki	13. M/MA -Grilled Chicken Pasta Salad G -WG Pasta V -3/4c Cucumber Salad F -Applesauce M -Low fat or skim milk Chickpea Pasta Salad	14. M/MA/G -Cheese Pizza V -3/4c Steamed Carrots F -Peaches M -Low fat or skim milk Marinara & Pasta
17. M/MA -Oven Roasted Chicken w/Ranch G -WW Tortilla Wrap V -¾ cup -Pickle Spear F -Fresh Grapes M -Low fat or skim milk Veggie Wrap	18. M/MA -Meatballs G -WG Roll V -Mashed Potatoes V- 3/4 cup -Turnip Greens F -Tropical Fruit M -Low fat or skim milk Veggie Meatballs	19. M/MA/G -Macaroni & Cheese V -3/4c Green Beans F -Peaches M -Low fat or skim milk Marinara & Pasta	20. M/MA -Baked Chicken G -Brown Rice V -3/4c Steamed Corn F -Diced Pears M -Low fat or skim milk Crispy Baked Tofu	21. M/MA -Hot Dogs G -WG Bun V -3/4c Baked Beans F 4oz Baked Apples M -Low fat or skim milk Veggie Hot Dog
24. M/MA -Turkey & Cheese G -WW Bread V -¾ cup Pickle Spear F -Pineapple Tidbits M -Low fat or skim milk Veggie Wrap	25 M/M -Chicken Tacos w/Shredded Cheese G -WW Tortilla Wrap V -3/4 cup Mexican Black Beans F -Diced Pears M -Low fat or skim milk Veggie Tacos	26 M/MA -Baked Beefaroni G -WG Pasta V-3/4 cup -Steamed Broccoli F -Applesauce M -Low fat or skim milk Baked Pasta w/Sauce & Cheese	27 M/MA -Chicken Filet Sandwich G -WG Bun V -3/4c Mixed Vegetables F -Mixed Fruit M -Low fat or skim milk Falafel Patty	28 M/MA/G -Cheese Pizza V -3/4c Steamed Carrots F -Peaches M -Low fat or skim milk Marinara & Pasta