



Him by Her April Lunch Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				2		3		1	Spring Break
4	Cheeseburger (2M/2gr) (1/2C) French Fries (1/4C) Lettuce and Tomato Cup Orange Slices (1/2C) (8 fl. Oz) Assorted Milk	5	Beef Hotdog on Bun (2M/2gr), (1/4 C) Celery Sticks w/ Ranch Dressing Baked Beans (1/2C) (1/2C) Apple Slices (8 fl. Oz) Assorted Milk	6	Chicken Sandwich (2M/2gr) w/Lettuce & Tomato (1/4C), (1/2C) Baby Carrots (1/2C) Grape Juice (8 fl. Oz) Assorted Milk	7	Chicken Nuggets (2M, 1Gr) WG Choc Chip (1G) Whipped Potatoes (1/2C) Caesar Salad (1/2C = 1/4C) Apple Juice (1/2C) (8 fl. Oz) Assorted Milk	8	Cheese or Pepperoni Pizza, (2gr / 2 M-MA) (3/4 C) Steamed Broccoli, (1/2 C) Banana (8 fl. Oz) Assorted Milk
14	Chicken Tenders (2MA/ 1gr) w/ Biscuit (1/2C) Tator Tots Sweet Corn (1/2C) Orange Slices (1/2C) (8 fl. Oz) Assorted Milk	15	Beef Nachos (2M/ 1gr) w/Salsa (1/4C) (1/2C) Seasoned Black Beans, Fruit Punch (1/2C), (8 fl. Oz) Assorted Milk	16	Grilled Cheese Sandwich (2M /2gr), (1/2C) French Fries Garden Salad (1/4C), (1/2C) Apple Slices (8 fl. Oz) Assorted Milk	17	Meatballs Stroganoff (2M, 1Gr), w/ Dinner Roll (1g) Glazed Carrots (3/4 C), (1/2C) Apple Juice (8 fl. Oz) Assorted Milk	15	Cheese or Pepperoni Pizza, (2gr / 2 M-MA) (3/4 C) Steamed Broccoli, 1/2 C) Banana (8 fl. Oz) Assorted Milk
21	Hawaiian Meatball Sub (1/2C) Tator Tots Sweet Corn (1/2C) Pineapple Tidbits (1/2C) (8 fl. Oz) Assorted Milk	22	BBQ Chicken (2M) Dinner Roll (1gr), (1/2 C) Baked Beans, (1/2C) Garden Salad (1/2C) Apple Juice (8 fl. Oz) Assorted Milk	23	Chili w/ Cheese & Cornbread (2M/1gr) (3/4C) Green Beans Peaches (1/2C) (8 fl. Oz) Assorted Milk	24	Popcorn Chicken (2M/1Gr) w/ (1/2C - 1gr) Macaroni and Cheese, Glazed Carrots (3/4C) Fruit Punch (1/2C) (8 fl. Oz) Assorted Milk	22	Cheese or Pepperoni Pizza, (2gr / 2 M-MA) (3/4 C) Steamed Broccoli, 1/2 C) Banana (8 fl. Oz) Assorted Milk
25	Cheeseburger (2M/2gr) (1/2C) French Fries (1/4C) Lettuce and Tomato Cup Orange Slices (1/2C) (8 fl. Oz) Assorted Milk	26	Soft Beef Taco (1M/1gr) w/Salsa (1/4C) (1/2C) Refried Beans, Fruit Punch (1/2C), (8 fl. Oz) Assorted Milk	27	Corn Dog Nuggets (2M /2gr), Green Beans (3/4 C), (1/2C) Apple Slices (8 fl. Oz) Assorted Milk	28	Salisbury Steak (2M), Rice (2gr) Dinner Roll (1gr) Glazed Carrots (3/4 C), (1/2C) Apple Juice (8 fl. Oz) Assorted Milk	29	Cheese or Pepperoni Pizza, (2gr / 2 M-MA) (3/4 C) Steamed Broccoli, (1/2 C) Banana (8 fl. Oz) Assorted Milk

Him by Her Collegiate School for the Arts, all grain offerings (Gr) are whole grain, all vegetable subgroups are served weekly, including 3/4 cup red-orange and a minimum 1/2 cup each dark green, legumes, starchy and other vegetables. 1/2 cup 100% fruit juice or fresh fruit offered daily, as well as either fat free flavored milk or 1% unflavored milk. Him by Her is a pork-free school, and uses Turkey, Chicken, and / or Beef items in place of pork, including Turkey Sausage, All-Beef Franks, and Turkey Pepperoni