

April Cold Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 HONEY HAM AND CHEDDAR 48GM WHEAT BUN AND LEAF LETTUCE COLESLAW 9GM PEARS 9GM MUSTARD PACKET	2 EGG SALAD, GREENS, TOMATO BROCCOLI SALAD 10gm APPLE SAUCE 11GM WHOLE GRAIN ROLL 35gm	3 ASIAN SEAFOOD SALAD 10GM CARROT AND RAISIN SLAW 7GM MIXED FRUIT 11GM WHOLE GRAIN ROLL 35GM
6 GRILLED CHICKEN PASTA SALAD 15gm KIDNEY BEAN SALAD 21gm MANDARIN ORANGES 12gm WHOLE GRAIN ROLL 35gm	7 CRAB SALAD ON GREENS 17gm WINTERBEAN SALAD 16gm TROPICAL FRUIT 11gm WHOLE GRAIN ROLL 35gm	8 TUNA SALAD 12gm MIXED GREENS, EGGS, TOMATOES GARBANZO BEAN SALAD 23gm PEACHES 12gm WHOLE GRAIN ROLL 35gm	9 THAI BEEF SALAD 7gm CITRUS CABBAGE SLAW 10gm PEARS 9gm WHOLE GRAIN ROLL 35GM	10 ASIAN CHICKEN SALAD 4gm CAULIFLOWER SALAD 12gm PEACHES 12gm CHOW MEIN NOODLES 9gm
13 TURKEY TWIST PASTA 20gm PEARS 9gm MARINATED TOMATOES 2gm WHOLE GRAIN ROLL 35gm	14 CHICKEN CHEDDAR SALAD TROPICAL FRUIT 11gm COTTAGE CHEESE 3gm CROUTONS 5gm	15 TURKEY & SWISS, LEAF LETTUCE CREAMY MACARONI SALAD 15gm MANDARIN ORANGES 13gm WHOLE GRAIN BUN 47gm MAYO PACKET	16 HAM SALAD ON MIXED GREENS 14gm BROWN RICE AND PEA SALAD 16gm TROPICAL FRUIT 11gm WHOLE GRAIN ROLL 35gm	17 CHICKEN SALAD ON LEAF LETTUCE CANTALOUPE SLICE 9gm ZUCCHINI SLAW 7gm APPLE SAUCE 11gm WHOLE WHEAT CRACKERS 35gm
20 CREAMY CRAB & DILL PASTA 27gm TROPICAL FRUIT 11gm MARINATED CUCUMBERS 2gm WHOLE GRAIN ROLL 35gm	21 ZESTY BEEF PASTA SALAD 12gm MARINATED TOMATOES 2gm THREE BEAN SALAD 13gm WHOLE GRAIN ROLL 35gm	22 SPICY CHICKEN WRAP 23gm THREE BEAN SALAD 13gm PEACHES 12gm	23 CHEF SALAD WITH TURKEY EGGS, AND TOMATOES 3gm COTTAGE CHEESE 3gm MANDARIN ORANGES 13gm CROUTONS 5gm	24 ROAST BEEF & CHEDDAR LEAF LETTUCE WHOLE GRAIN BUN 48gm TROPICAL FRUIT 11gm COTTAGE CHEESE 3gm
27 TURKEY BOWTIE PASTA SALAD 22gm CRUSHED PINEAPPLE 12gm BLUEBERRY YOGURT 9gm WHOLE GRAIN ROLL 35gm	28 ISLAND CRAB PASTA SALAD 27gm FRUIT YOGURT 9gm PEACHES 12gm WHOLE GRAIN ROLL 35GM	29 VEGETABLE TACO SALAD 29GM COTTAGE CHEESE 3GM RED FLAME GRAPES 14GM TORTILLA CHIPS 20GM SALSA AND RANCH PACKETS	30 PEPPERONI PASTA 27gm COTTAGE CHEESE 3gm PEARS 9gm WHOLE GRAIN ROLL 35gm	



If you are not available to receive your daily meal, please call ahead of time to cancel. 269-382-0515. Kalamazoo, Ext. 300. Calhoun, Ext. 350.

