



















Woodward Academy Primary, North & Lower School April Lunch Menu

Eat Your Colors! Choose 4-5 Colors for a Balanced Meal

		Monday 4-02		Tuesday 4-03		Wednesday 4-04		Thursday 4-05		Friday 4-06
PRIMARY, WN & LOWER		SCHOOL CLOSED EASTER MONDAY		Grilled Chicken Breast Cheese & Vegetable Crust Less Quiche Sweet Potato Hash California Vegetable Blend Matzah Ball Soup		Swedish Meatballs Lemon Pepper Tilapia Spaghetti Squash "Ziti" Arroz Yellow Rice Sautéed Spinach Fresh Cut Fruit Salad Chicken & Rice Soup		Baked Potatoes w/Various Toppings Hearty Beef Chili Vegetarian Chili Broccoli & Cheese Sauce Honey Cornbread Tomato Soup		Sliced Beef Brisket Roasted Chicken Legs Veg. Macaroni & Cheese Roasted Carrots & Peas Chef's Choice Soup Mini Ice Cream Cup Coconut Macaroons
<p>Available Daily: Salad Bar Seasonal Cut Fresh Fruit Yogurt Cup or Cheese Cubes 2%, Skim, FF Water</p> <p>Sandwich Choice: Students are recommended to <i>substitute</i> the entrée meat/grain for a sandwich PB & J Turkey & Cheese</p>										
		Monday 4-09		Tuesday 4-10		Wednesday 4-11		Thursday 4-12		Friday 4-13
PRIMARY, WN & LOWER		Chicken Parmesan Mushroom Stroganoff Buttered Egg Noodles Roasted Green Beans Greek Salad w/ Feta Cheese Lasagna Soup		Philly Cheesesteak Sandwich Vegetable Quiche Crunchy Tater Tots Grilled Zucchini & Yellow Squash Cantaloupe Melon Bites Beef & Barley Soup		Cheese Pizza Sausage & Pepperoni Pizza Roasted Vegetable Pizza Gluten Free Cheese Pizza Italian Antipasto Salad HM Chicken Noodle Soup		Grilled Blackened Chicken Vegetarian Broccoli Cheddar Burgers Roasted Potatoes Parmesan Balsamic Brussel Sprouts & Cauliflower w/Bacon HM Italian Lentil & Chicken Sausage Soup		Beef Hard Shell Tacos Vegetarian Chorizo Frito Pie Refried Beans (vegetarian) Yellow Corn Mexican Salad w. Honey Lime Dressing Creamy Tomato Soup Mini Ice Cream Sandwiches
<p>Available Daily: Salad Bar Seasonal Cut Fresh Fruit Yogurt Cup or Cheese Cubes 2%, Skim, FF & Chocolate Milk Water</p> <p>Sandwich Choice: Students are recommended to <i>substitute</i> the entrée meat/grain for a sandwich PB & J Turkey & Cheese</p>										

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The colored dot(s) next to each menu item correspond to the equivalent Food group colors on the current USDA “My Food Plate”.

For lunch, we recommend that you choose 4 – 5 different colors on your plate to obtain a balanced meal.