

Woodward Academy Middle & Upper 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
MIDDLE & UPPER	<p style="text-align: center; color: red; font-weight: bold;">SCHOOL CLOSED EASTER MONDAY</p>	<ul style="list-style-type: none"> Grilled Chicken Breast Cheese & Vegetable Crust Less Quiche Sweet Potato Hash California Vegetable Blend Matzah Ball Soup Ice Cream Machine 	<ul style="list-style-type: none"> Swedish Meatballs Lemon Pepper Tilapia Spaghetti Squash “Ziti” Arroz Yellow Rice Sautéed Spinach Fresh Cut Fruit Salad Chicken & Rice Soup 	<ul style="list-style-type: none"> Baked Potatoes w/Various Toppings Hearty Beef Chili Vegetarian Chili Broccoli & Cheese Sauce Honey Cornbread Tomato Soup 	<ul style="list-style-type: none"> Sliced Beef Brisket Roasted Chicken Legs Veg. Macaroni & Cheese Roasted Carrots & Peas Chef’s Choice Soup Mini Ice Cream Cup/Ice Cream Machine Coconut Macarons
	<p>Available Daily: Salad Bar Seasonal Cut Fresh Fruit Yogurt or Cheese Cubes 2%, Skim, FF & Chocolate Milk Water/Lemonade/Tea</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
MIDDLE & UPPER	<ul style="list-style-type: none"> Chicken Parmesan Mushroom Stroganoff Buttered Egg Noodles Roasted Green Beans Greek Salad w/ Feta Cheese Lasagna Soup 	<ul style="list-style-type: none"> Philly Cheesesteak Sandwich Vegetable Quiche Crunchy Tater Tots Grilled Zucchini & Yellow Squash Cantaloupe Melon Bites Beef & Barley Soup Ice Cream Machine 	<ul style="list-style-type: none"> Cheese Pizza Sausage & Pepperoni Pizza Roasted Vegetable Pizza Gluten Free Cheese Pizza Italian Antipasto Salad HM Chicken Noodle Soup 	<ul style="list-style-type: none"> Grilled Blackened Chicken Vegetarian Broccoli Cheddar Burgers Roasted Potatoes Parmesan Balsamic Brussel Sprouts & Cauliflower w/Bacon HM Italian Lentil & Chicken Sausage Soup 	<ul style="list-style-type: none"> 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/ Ice Cream Machine
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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.