



ADHC Lunch Menu

April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
04/01, 04/29, 05/27 (CL), 06/24	04/02, 04/30, 05/28, 06/25	04/03, 05/01, 05/29, 06/26	04/04, 05/02, 05/30, 06/27	04/05, 05/03, 05/31, 06/28
Chicken Cacciatore Rice Tuscany Vegetable Blend Broccoli Fresh Fruit Milk or Fortified Juice	BBQ Hamburger Patty Potato Wedges Green Beans Hamburger Bun Fresh Fruit Milk or Fortified Juice Ketchup	Brown Sugar Glazed Ham Whole Kernel Corn Cabbage Cornbread Fresh Banana Milk or Fortified Juice	Spaghetti Meat Sauce Spaghetti Pasta Green Peas Parslied Carrots Fresh Fruit Milk or Fortified Juice	Shredded Pork w/Grilled Onions Rice Sweet Plantains California Vegetable Blend Fresh Fruit Milk or Fortified Juice
04/08, 05/06, 06/03	04/09, 05/07, 06/04	04/10, 05/08, 06/05	04/11, 05/09, 06/06	04/12, 05/10, 06/07
Honey Mustard Chicken Potato Wedges Green Beans w/Carrots Hamburger Bun Fresh Fruit Milk or Fortified Juice	Santa Fe Stew Rice Spring Vegetable Blend Cabbage Fresh Fruit Milk or Fortified Juice	Turkey Breast w/Gravy Whipped Potatoes Green Peas Cornbread Dressing Fresh Banana Milk or Fortified Juice	Pork Carnitas Cilantro Lime Rice Sweet Plantains Carrots Fresh Fruit Milk or Fortified Juice	Chicken Noodle Bake Whole Kernel Corn Broccoli Fresh Fruit Milk or Fortified Juice
04/15, 05/13, 06/10	04/16, 05/14, 06/11	04/17, 05/15, 06/12	04/18, 05/16, 06/13	04/19, 05/17, 06/14
BBQ Pork Riblet Roasted Sweet Potatoes Green Beans Hamburger Bun Fresh Fruit Milk or Fortified Juice	<i>New!</i> Cajun Chicken and Sausage Pasta Garden Vegetable Blend Cabbage Fresh Fruit Milk or Fortified Juice	Meatloaf w/Brown Gravy Whipped Potatoes Green Peas Cornbread Milk or Fortified Juice Margarine	Cuban Pork Rice Whole Kernel Corn Broccoli Fresh Banana Milk or Fortified Juice	Smothered Meatballs Pasta Noodles Brussels Sprouts Glazed Carrots Fresh Fruit Milk or Fortified Juice
04/22, 05/20, 06/17	04/23, 05/21, 06/18	04/24, 05/22, 06/19 (CL)	04/25, 05/23, 06/20	04/26, 05/24, 06/21
Beef Picadillo Rice Mixed Vegetable Blend Green Beans Fresh Fruit Milk or Fortified Juice	Mozzarella Chicken Pasta Noodles Tuscany Vegetable Blend Broccoli Fresh Fruit Milk or Fortified Juice	Tuna Noodle Au Gratin Green Peas Carrots Fresh Banana Milk or Fortified Juice	Swiss Steak Macaroni and Cheese California Vegetable Blend Cabbage Fresh Fruit Milk or Fortified Juice	<i>New!</i> Jerk Chicken Parslied Rice Black Beans w/Corn Catalina Vegetable Blend Fresh Fruit Milk or Fortified Juice
04/29/24	04/30/24			
Chicken Cacciatore Rice Tuscany Vegetable Blend Broccoli Fresh Fruit Milk or Fortified Juice	BBQ Hamburger Patty Potato Wedges Green Beans Hamburger Bun Fresh Fruit Milk or Fortified Juice Ketchup	Portion Sizes: 1:3 oz serving of protein 2:4 oz servings fruit/vegetable 2 oz of bread or alternative 1 pat of margarine 1:4 oz serving dessert of fruit	All menus are developed to represent the most current Dietary Reference intakes and daily compliance range for target nutrients within the 1800-calorie component Average of 600 Calories	 <p>TRIO Community Meals</p> <p>Nourishment through compassionate care.</p>

Veronica Gober MS RDN LD

