

Tossed Salads are 3/4 c. lettuce blend with carrots/cabbage and 2 cherry tomatoes or slices/4 grape tomatoes.

April 2022 MENU

Always serve fruit packed in its own juice for all menus. The low salt tomato products in combination with regular tomato products to lower sodium while maintaining taste.

Always use low sodium soup and gravy base for all menus. Only 2 high sodium entrees per month. Always use sugar free J&J and pudding for all menus.

Prefer using frozen veggies instead of canned due to sodium content or drain and rinse canned if cannot be avoided.

April 2022 MENU

	SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		SATURDAY	
	<i>Italian Pork Chop</i>			<i>Country Fried Beef Patty</i>			<i>Italian Chicken</i>			<i>Turkey & Gravy</i>			<i>Hot Dog</i>			<i>Breakfast Sandwich</i>		<i>Chicken Tenders</i>	
3 oz meat	Italian Pork Chop 3 oz			Breaded Beef Patty With Country Gravy 3 oz			Italian Chicken 3 oz			Turkey & Gravy 3 oz			Hot Dog 3 oz			Sausage, Egg Patty 4 oz		Chicken Tenders 3 oz	
Total																Orange Juice 1/2 c		Scalloped Potatoes 1/2 C	
Fruit/Veg	Parsley Red Potatoes 1/2 c			Mashed Potatoes 1/2 C			Brussel Sprouts 1/2 C			Mixed Vegetables 1/2 C			Baked Beans 1/2 C			Hashbrown 1/2 C		California Blend 1/2 C	
Fruit/Veg	Peas & Onions 1/2 c			Green Beans 1/2 C			Sweet Potato Cubes 1/2 C			Fruit Punch 1/2 C			Potato Salad 1/2 C			Peaches 1 Ea		Applesauce 1/2 c	
Fruit/Veg	Applesauce 1/2 c			Mixed Fruit 1/2 C			Mandarin Oranges 1/2 C			Pears 1/2 C			Warm Apple Crisp 1/2 c			English Muffin 1 Lg		Animal Crackers 1 oz	
Grains	Whole Wheat Roll 1 lg			Pineapple Cake 1 ea			Whole Wheat Roll 1 Lg			Whole Wheat Bread 1/2 C			Hot Dog Bun 1 Ea			1 % White Milk 8 oz		1 % White Milk 8 oz	
2 total	1 % White Milk 8 oz			1 % White Milk 8 oz			1 % White Milk 8 oz			1 % White Milk 8 oz			1 % White Milk 8 oz			Margarine 1 Ea		Margarine 1 Ea	
Milk	Margarine 1 ea			Margarine 1 ea			Margarine 1 ea			Margarine 1 Ea			Margarine 1 Ea						
Fat																			
Condiments																			
	<i>Roast Beef With Gravy</i>			<i>Teriyaki Chicken Over Rice</i>			<i>Smoked Sausage</i>			<i>Seasoned Chicken</i>			<i>Beef & Bean Chili</i>			<i>Three Cheese Pasta</i>		<i>Turkey & Gravy Meal</i>	
3 oz meat	Roast Beef With Gravy 3 oz			Teriyaki Chicken Over Rice 3 oz			Smoked Sausage 3 oz			Seasoned Chicken 3 oz			Beef & Bean Chili 1 Cup			Three Cheese Pasta 1 Cup		Turkey & Gravy 3 oz	
Total																3 oz Cheese In Entree 1 oz			
Fruit/Veg	Baked Potato 1/2 cup			Oriental Vegetables 1/2 C			Sauerkraut 1/2 C			Peas & Carrots 1/2 C			Beans & Tomatoes In Entrée 1/2 C			Orange Juice 1/2 C		Tater Tots 1/2 C	
Fruit/Veg	Seasoned Spinach 1/2 cup			Peaches 1/2 C			Mashed Potatoes 1/2 C			Fresh Banana 1 Ea			Baked Potato 1/2 C			Strawberry Applesauce 1/2 C		Peas & Carrots 1/2 C	
Fruit/Veg	Tropical Fruit 1/2 cup			V8 Juice 1/2 C			Peaches 1/2 C			Fruit Punch 4 oz			Apricots 1/2 C			Salad 1 C		Strawberry Pears 1/2 C	
Grains	Whole Wheat Roll 1 lg			Fortune Cookie 1 Ea			Hot Dog Bun 1 Lg			Whole Wheat Bread 1 sl			Cornbread 1 Ea			Cake 1 Ea		Bun 1	
2 total	1 % White Milk 8 oz			1 % White Milk 8 oz			1 % White Milk 8 oz			1 % White Milk 8 oz			1 % White Milk 8 oz			Crackers 2 Pks		Crackers 2 Pks	
Milk	Margarine 1 ea			Margarine 1 Ea			Margarine 1 Ea			Margarine 1 Ea			Margarine 1 Ea			Dressing 1 Ea		Dressing 1 Ea	
Fat																			
Condiments																			
	<i>Chicken & Rice Casserole-1 cup</i>			<i>Baked Steak</i>			<i>Sloppy Joe</i>			<i>Chicken Patty</i>			<i>Sausage Gravy Over Biscuit</i>			<i>Shepherd's Pie</i>		<i>Meatloaf & Gravy</i>	
3 oz meat	Seasoned Chicken 3 oz			Baked Steak & Gravy 3 oz			Sloppy Joe 4 oz			Breaded Chicken Patty 3 oz			Sausage Gravy Over Biscuit 1 Cup			Beef 3 oz		Meatloaf & Gravy 3 oz	
Total																Mashed Potatoes 1/2 c		Mashed Potatoes 1/2 C	
Fruit/Veg	Steamed Broccoli 1/2 c			Rosemary Potatoes 1/2 C			Tater Tots 1/2 C			Scalloped Potatoes 1/2 C			Hashbrown Patty 1/2 C			Peas and Carrots 1/2 C		Mashed Potatoes 1/2 C	
Fruit/Veg	Warm Peach Crisp 1/2 c			California Blend 1/2 C			Lima Beans 1/2 C			Carrots 1/2 C			Warm Cinnamon Apples 1/2 C			Fresh Orange 1/2 C		Garden Blend Vegetables 1/2 C	
Fruit/Veg	LS V-8 Juice 1/2 c			Pineapple 1/2 C			Tropical Fruit 1/2 C			Mixed Fruit 1/2 C			Orange Juice 1/2 C			Pears 1/2 C		Fresh Apple 1/2 C	
Grains	Rice In Casserole 1 ea			Whole Wheat Bread 1 ea			Whole Wheat Bun 1 lg			Whole Wheat Bun 1 Lg			Biscuit 1 Lg			Whole Wheat Roll 1 Lg		Whole Wheat Bread 1 ea	
2 total	Whole Wheat Bread 1 ea			Cookie 1 Ea			1 % White Milk 8 oz			1 % White Milk 8 oz			1 % White Milk 8 oz			1 % White Milk 8 oz		SF Pudding 1/2 C	
Milk	1 % White Milk 8 oz			1 % White Milk 8 oz			1 % White Milk 8 oz			1 % White Milk 8 oz			1 % White Milk 8 oz			1 % White Milk 8 oz		1 % White Milk 8 oz	
Fat	Margarine 1 ea			Margarine 1 Ea			Margarine 1 Ea			Margarine 1 Ea			Margarine 1 Ea			Margarine 1 Ea		Margarine 1 Ea	
Condiments																			
	<i>Beef Chili-1 CUP</i>			<i>Mushroom & Swiss Patty</i>			<i>Chicken Tenders</i>			<i>Turkey Cheddar Melt</i>			<i>BBQ Pork Patty</i>			<i>Cold Italian Sub Meal</i>		<i>Swiss Steak With Tomatoes & Onions</i>	
3 oz meat	Beef & Beans In Chili 1 cup			Beef Patty With Mushrooms Swiss Cheese 3 oz			Breaded Chicken Tenders 3 oz			Turkey Patty With Cheddar Cheese 1 Ea			BBQ Pork Patty 3 oz			Italian Sub with Provolone 3 oz		Beef Patty With Tomatoes & Onions 3 oz	
Total																LS V-8 Juice 1/2 C		Baked Sweet Potato 1/2 C	
Fruit/Veg	Cheesy Tater Tots 1/2Cup			Mashed Potatoes 1/2 C			Roasted Potatoes 1 Ea			Potato Wedges 1/2 C			Broccoli Soup 1/2 C			LS V-8 Juice 1/2 C		Fresh Carrots 1/2 C	
Fruit/Veg	Tomatoes & Juice In Chili 1/2Cup			Corn 1/2 C			Corn 1/2 C			Steamed Broccoli 1/2 C			LS V8 Juice 1/2 C			Peaches 1/2 C		Green Beans 1/2 C	
Fruit/Veg	Mixed Fruit 1/2Cup			Fresh Apple 1 Ea			Mandarin Oranges 1/2 C			Fruit In Jello 1/2 C			Peaches 1/2 C			Applesauce 1/2 c		Apple Juice 1/2 C	
Grains	Cornbread 1 Lg			Roll 1 Sm			Whole Wheat Bread 1 Lg			Bun 1 Lg			Whole Wheat Bun 1 Ea			Sub Bun 1 sm		Whole Wheat Roll 1 Lg	
2 total	Crackers 2 pks			1 Ea			SF Brownie 1 Pk			1 Ea			Crackers 2 pks			Corn Chips 1/2 c		Corn Chips 1/2 c	
Milk	1 % White Milk 8 oz			1 % White Milk 8 oz			1 % White Milk 8 oz			1 % White Milk 8 oz			1 % White Milk 8 oz			1 % White Milk 8 oz		1 % White Milk 8 oz	
Fat	Margarine 1 ea			Margarine 1 Ea			Margarine 1 Ea			Margarine 1 Ea			Margarine 1 Ea			Margarine 1 Ea		Margarine 1 Ea	
Condiments							Ranch Dip 1 Ea			Ketchup & Mustard 1 Ea			Ketchup & Mustard 1 Ea			Italian Dressing 1 ea		Margarine 1 Ea	

Rhonda Davison RD, L.D

3/18/2022