April LUNCH MENU Phillips School: Fairfax

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	1		**2**		**3**		**4**		**5**
All Beef Hot Dog	(2 oz)	BBQ Chicken Sandwich	(2 oz)	Grilled Chicken Salad	(2 oz)	Red Curry Chicken	(2 oz)	Whole Grain Spaghetti	(1 c)
Baked Beans (Veggie)	(1 c)	Potato Wedges	(1 c)	Salad : Romaine&MesclunMix	(1.5 c)	Curried Tomato Sauce	(1 c)	w/ Turkey Meatballs	(2 oz)
Cinnamon Apple Slices	(1 c)	Fresh Watermelon *	(1 c)	Tomato Wedge	(1/4 c)	Brown Rice (yellowrecipe)	(1 c)	Tomato Sauce	(1/2 c)
Whole Grain Hot Dog Roll	(2 oz)	Whole Grain Burger Roll	(2 oz)	Whole Grain Croutons	(1 c)	Curried Kidney Beans	(1 c)	Green Beans	(1/2 c)
				Caesar Dressing	(2 oz)	Mandarin Orange Slices	(1 c)	Fresh Honeydew Melon *	(1 c)
				Fresh Cantaloupe *	(1 c)				
Milk	(8 oz)	Milk	(8 oz)	Milk	(8 oz)	Milk	(8 oz)	Milk	(8oz)
	8		**9**		**10**		**11**		**12**
Chicken Patty Sandwich	(2 oz)	Sloppy Joe	(1 c)	Fajita Chicken	(2 oz)	Macaroni & Cheese(2 oz)	(1 c)	Hamburger	(2 oz)
Potato Wedges	(1 c)	with Ground Turkey	(2 oz)	Brown Rice (yellowrecipe)	(1 c)	Whole Grain Elbow Macaroni	(1 c)	Baked Beans (Veggie)	(1 c)
Cinnamon Apple Slices	(1 c)	Tomato Joe Sauce	(1/2 c)	Green Pepper & Onion	(1/4c ea)	Broccoli	(1 c)	Whole Grain Burger Roll	(2 oz)
Whole Grain Burger Roll	(2 oz)	Green Beans	(1/2 c)	Diced Tomato	(1/4 c)	Pineapple Chunks	(1 c)	Fresh Cantaloupe *	(1 c)
		Fresh Honeydew Melon *	(1 c)	Sliced Carrots	(1/2 c)				
		Whole Grain Burger Roll	(2 oz)	Fresh Water Melon *	(1 c)				
Milk	(8 oz)	Milk	(8oz)	Milk	(8 oz)	Milk	(8oz)	Milk	(8 oz)
	15		**16**		**17**		**18**		**19**
NO SCHOOL		**NO SCHOOL**		**NO SCHOOL**		**NO SCHOOL**		**NO SCHOOL**	
SPRING BREAK		**SPRING BREAK**		**SPRING BREAK**		**SPRING BREAK**		**SPRING BREAK**	
	22		**23**		**24**		**25**		**26**
		Hamburger	(2 oz)	Chicken Salad Sandwich	(2 oz)	Baked Chicken	(2 oz)	Whole Grain Spaghetti	(1 c)
NO SCHOOL		Baked Beans (Veggie)	(1 c)	Salad : Romaine&MesclunMix	(1.5 c)	Roasted Potatoes	(1/2 c)	w/ Turkey Meatballs	(2 oz)
		Fresh Cantaloupe *	(1 c)	Tomato & Cucumber	(1/4 c)	Sliced Carrots	(1/2 c)	Tomato Sauce	(1/2 c)
SPRING BREAK		Whole Grain Burger Roll	(2 oz)	Caesar Dressing	(2 oz)	Fresh Honeydew melon *	(1 c)	Green Beans	(1/2 c)
				Cinnamon Apple Slices	(1 c)	Whole Grain Wheat Bread	(2 slice)	Fresh Water Melon *	(1 c)
				Whole Grain Wheat Bread	(2 slice)				
		Milk	(8 oz)	Milk	(8 oz)	Milk	(8oz)	Milk	(8oz)
	29		**30**						
BBQ Chicken Sandwich	(2 oz)	All Beef Hot Dog	(2 oz)						
Potato Wedges	(1 c)	Baked Beans (Veggie)	(1 c)						
Fresh Watermelon *	(1 c)	Sliced Peaches	(1 c)						
Whole Grain Burger Roll	(2 oz)	Whole Grain Hot Dog Roll	(2 oz)						
Milk	(8 oz)	Milk	(8 oz)						

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 8 fluid oz: Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.

Local Distributors : Prize of the Harvest, 84 Skeeter Point Lane, Faison, NC 28341 252-492-7301; Sysco of Baltimore, Taylor Farm, PA(Actual Address to come); Davids Farm, DC; DOD Produce, DC

All Fruit Juices are 100% Juice

Harrisberg Dairy, PA

Bowie Produce, Landover MD

(*) Denotes Fresh Fruit