

April 2017

JUST A DASH CATERING

LUNCH



MILK, SALAD BAR & PB & J OFFERED DAILY



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Fish & Chips
Fresh Cauliflower

3

Tuesday

French Toast Sticks
Hash Stars
Sausage links

4

Wednesday

Alfredo Pasta
Fresh Greek Salad
Garlic Bread

5

Thursday

Slice Cheese Pizza
Baby Carrots
Hummus

6

Friday

Grilled Cheese
Broccoli Cheese Soup

7

Chicken Sandwich
WG Tater Tots

10

Cheesy Bread Sticks
Marinara
Green Beans

11

Cheese Ravioli
Garden Salad
Garlic Bread

12

Slice Cheese Pizza
Baby Carrots
Hummus

13

Good Friday

14

Popcorn Chicken
Red Skin Potatoes
Fresh Broccoli

17

Apple Cinnamon Texas
Toast
Turkey Sausage
Oval Hash Browns

18

Mac and Cheese
Tuscan Blend Vegetables

19

Slice Cheese Pizza
Baby Carrots
Hummus

20

Mini Corn Dogs
Golden Corn

21

Hot Dog
Baked Beans
Pickled Cucumber

24

Taco (Beef)
Romaine Lettuce & Salsa
Roasted Corn & Black Beans

25

Orange Chicken
WG Rice
Fresh Cauliflower

26

Slice Cheese Pizza
Baby Carrots
Hummus

27

Chicken Strips
Onion Rings

28

