



This institution is an equal opportunity provider

# Nasha Skhola Lunch Menu April 2024

\*All menu items are subject to change.

**MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRIDAY**

W.G. Chicken Tenders Baby Carrots Seasoned Brown Rice Red Apple Milk  Veg - cheese sandwich	1	Cheese Burger on a W.G. Bun Cowboy Beans Pickle Spear Fresh Orange Sun Chips Milk Veg - vegetable patty on a w.g. bun	2	Chicken in a Cheese Sauce with W.G. Penne Pasta Mixed Green Salad with French Dressing Salad Topping Sliced Pears W.G. Garlic Bread Stick Milk Veg - pasta marinara	3	Salisbury Steak in a Beef Gravy Mashed Potatoes Fresh Broccoli Banana Slice of W.G. Bread Milk Veg - brown rice + beans	4	Sweet and Sour Chicken Brown Rice Sliced Zucchini Sliced Peaches W.G. Blueberry Bread Milk Veg - vegetable rice soup	5
Sloppy Joe on a W.G. Burger Bun Baby Carrots Red Apple Sun Chips Milk  Veg - vegetable patty on a w.g. bun	8	Sliced Chicken Alfredo with W.G. Penne Pasta Mixed Green Salad with French Dressing Salad Topping Red Grapes W.G. Garlic Bread Stick Milk Veg - pasta marinara	9	Swedish Meatballs Mashed Potatoes Sliced Cucumbers Banana Slice of W.G. Bread Milk Veg - brown rice + beans	10	Chicken Wild Rice Hot Dish Fresh Broccoli Pineapple Chunks Slice of W.G. Bread Milk Veg - vegetable rice soup	11	W.G. Soft Beef Taco x2 Lettuce + Cheese Seasoned Black Beans Carrots + Celery Fresh Orange Tortilla Chips + Salsa Milk Veg - bean taco	12
W.G. Chicken Patty on a W.G. Burger Bun Cowboy Beans Baby Carrots Pineapple Chunks Milk  Veg - cheese sandwich	15	Meatloaf Baked in a Tomato Beef Gravy Mashed Potatoes Sliced Zucchini Banana Slice of W.G. Bread Milk Veg - brown rice + beans	16	W.G. Lasagna Roll with Meat Sauce + Cheese Mixed Green Salad with Creamy Italian Dressing Salad Topping Sliced Peaches W.G. Garlic Bread Stick Milk Veg - pasta marinara	17	Chicken Breast on a W.G. Burger Bun Slice of White Cheese Seasoned Corn Red Apple Sun Chips Milk Veg - vegetable patty on a w.g. bun	18	Orange Chicken Brown Rice Fresh Broccoli Sliced Pears W.G. Banana Bread Milk Veg - brown rice with cheese	19
BBQ Chicken on a W.G. Burger Bun Creamy Pasta Salad Baby Carrots Red Apple Milk  Veg - veg patty on a w.g. bun	22	W.G. Cheese Pizza Mixed Green Salad with Creamy Italian Dressing Salad Topping Sliced Pears W.G. Garlic Bread Stick Milk Veg - pasta marinara	23	Sliced Chicken in a Chicken Gravy Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk Veg - brown rice + beans	24	Italian Meatballs with Shredded Cheese W.G. Coney Bun Sliced Cucumbers Sliced Peaches Sun Chips Milk Veg - italian beans on w.g. bread	25	Cheese Burger on a W.G. Bun Cowboy Beans Creamy Cole Slaw Fresh Orange Milk Veg - vegetable rice soup	26
W.G. Chicken Nuggets Baby Carrots Pineapple Chunks Sun Chips Milk  Veg - cheese sandwich	29	Beef Stroganoff with W.G. Penne Pasta Mixed Green Salad with French Dressing Salad Topping Banana Slice of W.G. Bread Milk Veg - pasta marinara	30						

## Sandwich Option

**Monday - Turkey + Cheddar on a W.G. Bun**  
29 carbs/ 17 protein

**Tuesday - Turkey Ham+ Swiss on a W.G. Bun**  
29 carbs/ 19 protein

**Wednesday - Turkey Cold Cut Sub on a W.G. Bun**  
29 carbs/ 18 protein

**Thursday - Turkey Ham + Cheddar on a W.G. Bun**  
29 carbs/ 19 protein

**Friday - Turkey + Swiss on a W.G. Bun**  
29 carbs/ 17 protein

\*All sandwiches served With fruit & vegetable of the day.

## Salad Options

**Monday - Chef Salad**  
18 carbs/ 16 protein

**Tuesday - Beef Taco Salad**  
17.5 carbs/ 22 protein

**Wednesday - Southwest Chicken Salad**  
34 carbs/ 15 protein

**Thursday - Chicken Caesar Salad**  
18 carbs/ 16 protein

**Friday - Beef Taco Salad**  
17.5 carbs/ 22 protein

\* All salads served with breadstick and fruit of the day.