A YUMMY APRIL ORGANIC & NATURAL LUNCH MENU FOR

TRUE NORTH CLASSICAL ACADEMY

*Daily Beverage Options Are: 1% Milk and Nonfat Chocolate Milk

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MONDAY	TUE SDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1	2	3
Option#1: Low Fat Chicken	Option#1:: Breakfast for Lunch-			
Penne Alfredo, Maple Glazed	French Toast, Eggs, Lyonnaise	Option#1: Picadillo, Brown	Option#1: Turkey Meatball	
Brussel Sprouts, Fresh Fruit	Potatoes, Fresh Fruit	Rice, Black Beans, Fresh Fruit		PIZZA DAY
			Carrots, Fresh Fruit	Option#1 Cheese Pizza (1 slice),
Option#2: Baked Chicken		Option#2: Grilled Cheese,		Caesar Salad w/Grape Tomatoes,
Nuggets, WW Roll, Maple Glazed		Steamed Edamame, Fresh Fruit	Option#2: Mac & Cheese, Honey	
Brussel Sprouts, Fresh Fruit	Lyonnaise Potatoes, Fresh Fruit		Vanilla Glazed Carrots, Fruit	
6	7	8	9	1.0
Option#1: Baked Chicken		0	9	10
Nuggets, WW Roll, Herbed	Option#1: Turkey Tacos, Brown	Option#1: Honey Soy Glazed	Option#1: Lean Beef Burger,	
Squash & Zucchini, Fresh Fruit		Chicken w/Lo Mein Noodles,	Roasted Potato Wedges, Fresh	NO SCHOOL
oquaen u zucenini, iicen iiuic	nico, Bidon Bodno, 1100m 11410	Steamed Broccoli, Fresh Fruit	Fruit.	NO SCHOOL
Option#2: Chicken Cacciatore	Option#2: Baked Cheese Ravioli,			
w/Pasta, Herbed Squash &	Steamed Edamame, Fresh Fruit	Option#2: Grilled Cheese,	Option#2: Mac & Cheese,	
Zucchini, Fresh Fruit	·	Steamed Broccoli, Fresh Fruit		
·			,	
13	14	15	16	17
	11	10	10	Ι,
Option#1: Pasta w/alla Rosa		Option#1: Ropa Vieja, Brown	Option#1: Baked & Breaded	
Sauce & Chicken, Roasted Kale	Option#1: Cheese Lasagna,	Rice, Black Beans, Fresh Fruit	Fish Sticks w/Slaw, WW Roll,	PIZZA DAY
& White Beans w/Garlic, Fresh	Roasted Sweet Peas, Fresh Fruit		Roasted Sweet Potato Wedges,	Option#1 Cheese Pizza (1 slice),
Fruit		Option#2: Grilled Cheese,	Fresh Fruit	Cucumbers & Grape Tomatoes
	Option#2: Breakfast for Lunch-	Steamed Edamame, Fresh Fruit		w/Dip, Fruit
Option#2:Baked Chicken	Egg & Cheese Bagel, Lyonnaise		Option#2: Mac & Cheese,	
Nuggets, Roasted Kale & White	Potatoes, Fresh Fruit		Roasted Sweet Potato Wedges,	
Beans w/Garlic, WW Roll, Fresh			Fruit	
Fruit	0.1			
20	21 Option#1: Lean Beef & Cheese	22	23	2 4
Option#1: Chicken Nuggets, WW Roll, Roasted Haricot Vert		Outing #1 . Baland Object Brown Birest		
w/Garlic & Shallots, Fresh	Burrito, Black Beans, Fresh Fruit	Option#1: Baked Chicken Piccata	Option#1: BBQ Turkey Sandwich,	PIZZA DAY
Fruit.	rruit	Fresh Fruit	Roasted Corn, Fresh Fruit	Option#1: Cheese Pizza (1
FIUIC	Option#2: Baked Cheese	riesh riuic	Roasted Colli, Flesh Fluit	slice), Caesar Salad w/Grape
Option#2: Pasta Puttanesca	Tortellini Topped with	Option#2: Grilled Cheese, Honey	Option#2: Mac & Cheese.	Tomatoes, Fresh Fruit
w/Chicken, Roasted Haricot	Mozzarella Cheese, Steamed	Vanilla Glazed Carrots, Fresh	Roasted Corn, Fresh Fruit	Tomaco co, Treom Trare
Vert w/Garlic & Shallots,	Edamame, Fresh Fruit	Fruit	,	
Fresh Fruit	,			
27	28	29	30	
			Option#1: Mojo Grilled Chicker	
Option#1: Pasta w/Lean Beef	Option#1: Chimichurri Chicken	Option#1: Philly Cheesesteak,		
Meatballs & Tomato Sauce,	w/Spanish Rice, Black Beans,	Roasted Sweet Potato Wedges,	Rice, Mexican Veggie Skillet	
Roasted Sweet Peas w/Garlic,	Fresh Fruit	Fresh Fruit	(Zucchini, Squash, Mushrooms,	
Fresh Fruit			Green Peppers), Fresh Fruit	
Ontion #0. Dale of Chi-1	Option#2: Pasta Primavera	Option#2: Grilled Cheese, Soy Glazed Carrots, Fresh Fruit	Ontion #2. Mag. C. Charri	
Option#2: Baked Chicken	w/Chicken, Steamed Edamame, Fresh Fruit	Grazed Carrous, Fresh Fruit	Option#2: Mac & Cheese,	
Nuggets, WW Roll, Roasted Sweet Peas w/Garlic, Fresh	riesh Fruit		Sauteed Zucchini, Squash, Mushrooms, Green Peppers,	
Fruit			Mushrooms, Green Peppers, Fresh Fruit	
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