

# APRIL 2022 MENU



**GOURMET EXPRESS (404)371-4566**

## APRIL MENU

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 1
				<p><b>Breakfast</b>                      Wheat Strawberry Chex Mix                      Apple Sauce                      100% Fruit Juice                      (DAR) Milk</p> <p><b>Lunch</b>                      (DAR) Ranch Chicken Salad                      Whole Wheat Roll                      Carrot/Cucumber Coins                      Fruit Cocktail                      (DAR) Milk</p>
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
<p>NO SCHOOL                      SPRING BREAK</p>	<p>NO SCHOOL                      SPRING BREAK</p>	<p>NO SCHOOL                      SPRING BREAK</p>	<p>NO SCHOOL                      SPRING BREAK</p>	<p>NO SCHOOL                      SPRING BREAK</p>

# APRIL 2022 MENU

MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
<p>NO SCHOOL SPRING BREAK</p>	<p><b><u>Breakfast</u></b> Apple Cinnamon Cereal Grapefruit Wedges 100% Fruit Juice <b>(DAR) Milk</b></p> <p><b><u>Lunch</u></b> Beef Meatloaf Roasted Potatoes Kidney Beans Apple Sauce <b>(DAR) Milk</b></p>	<p><b><u>Breakfast</u></b> Granola Bars Apple Sauce <b>(DAR) String Cheese</b> 100% Fruit Juice <b>(DAR) Milk</b></p> <p><b><u>Lunch</u></b> BBQ Chicken Legs Curried Cabbage <b>(DAR) Corn Bread</b> Pineapple Tidbits <b>(DAR) Milk</b></p>	<p><b><u>Breakfast</u></b> <b>(DAR) Yogurt</b> Whole Pears <b>(DAR) Milk</b></p> <p><b><u>Lunch</u></b> Spaghetti &amp; Meatball Whole Wheat Spaghetti Butternut Squash Mandarins <b>(DAR) Milk</b></p>	<p><b><u>Breakfast</u></b> Golden Graham Cereal Bar Banana 100% Fruit Juice <b>(DAR) Milk</b></p> <p><b><u>Lunch</u></b> Grilled Chicken Salad Sandwich Whole Wheat Bread Garden Salad w/ Dressing Diced Peaches <b>(DAR) Milk</b></p>
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
<p><b><u>Breakfast</u></b> Raisin Bran Cereal Mixed Fruit 100% Fruit Juice <b>(DAR) Milk</b></p> <p><b><u>Lunch</u></b> Beef Hamburgers Whole Wheat Bun Pinto Beans Apple Sauce <b>(DAR) Milk</b></p>	<p><b><u>Breakfast</u></b> <b>(DAR) Blueberry Muffins</b> Diced Peaches 100% Fruit Juice <b>(DAR) Milk</b></p> <p><b><u>Lunch</u></b> <b>(DAR) Coconut Curried Chicken</b> Yellow Rice Golden Corn Pineapple Tidbits <b>(DAR) Milk</b></p>	<p><b><u>Breakfast</u></b> Pop Tarts Apple Sauce 100% Fruit Juice <b>(DAR) Milk</b></p> <p><b><u>Lunch</u></b> Teriyaki Chicken W/ Asian Noodles Whole Wheat Noodles Broccoli Stir Fry Mandarins <b>(DAR) Milk</b></p>	<p><b><u>Breakfast</u></b> Apple Filled Pastry Frudel Grapefruit Wedges 100% Fruit Juice <b>(DAR) Milk</b></p> <p><b><u>Lunch</u></b> Beef Nachos Wheat Nacho Chips Black Beans Diced Pears <b>(DAR) Milk</b></p>	<p><b><u>Breakfast</u></b> Wheat Strawberry Chex Mix Whole Apples 100% Fruit Juice <b>(DAR) Milk</b></p> <p><b><u>Lunch</u></b> <b>(DAR) Turkey &amp; American Cheese Sandwich</b> Whole Wheat Bread Grape Tomatoes Orange Wedges <b>(DAR) Milk</b></p>

# APRIL 2022 MENU

MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
<p><b><u>Breakfast</u></b>            Granola Bars            Apple Sauce            String Cheese            100% Fruit Juice  <b>(DAR) Milk</b></p> <p><b><u>Lunch</u></b>            Mango Chili Chicken            Herb Brown Rice            Kidney Beans            Pineapple Tidbits  <b>(DAR) Milk</b></p>	<p><b><u>Breakfast</u></b>            Cheerios Cereal            Mixed Fruit            String Cheese            100% Fruit Juice  <b>(DAR) Milk</b></p> <p><b><u>Lunch</u></b>            BBQ Chicken Legs            Curried Cabbage  <b>(DAR) Corn Bread</b>            Fruit Cocktail  <b>(DAR) Milk</b></p>	<p><b><u>Breakfast</u></b>            Golden Graham Cereal Bar            Diced Peaches            100% Fruit Juice  <b>(DAR) Milk</b></p> <p><b><u>Lunch</u></b>  <b>(DAR) Beefy Mack</b>            (w/wheat noodles)            Green Peas            Apple Sauce  <b>(DAR) Milk</b></p>	<p><b><u>Breakfast</u></b>  <b>(DAR) Mini Bagel/Cream</b>            Cheese            Banana            100% Fruit Juice  <b>(DAR) Milk</b></p> <p><b><u>Lunch</u></b>            Lemon Herb Baked Chicken            Brown Rice            Vegetable Medley            Diced Pears  <b>(DAR) Milk</b></p>	<p><b><u>Breakfast</u></b>  <b>(DAR) Yogurt</b>            Apple Sauce            100% Fruit Juice  <b>(DAR) Milk</b></p> <p><b><u>Lunch</u></b>  <b>(DAR) Ranch Chicken Salad</b>            Whole Wheat Roll            Carrot/Cucumber Coins            Fruit Cocktail  <b>(DAR) Milk</b></p>

## MENU NOTIFICATIONS

**(DAR)- Dairy used in Meal**

**(VEG) – Vegetarian Options**

**(W/W) – Whole Wheat**

**NUTS – Nuts are never served. We serve Soy or Sunflower butter as a peanut butter substitute**

**PORK – Pork is never served**

**Substitutions** – Due to the Covid-19 pandemic, the entire country is experiencing consistent supply chain shortages. The food supply chain is no exception. We reserve the right to make menu or supply item substitutions whenever necessary without prior notice. We will update customers as soon as possible so that they can make the necessary adjustments.