

Monthly Meal Plan							
^ denotes as vegetarian meal and # as gluten friendly meal.							
Date	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7
Apr 1 (Tue)	Mac & Cheese ^	Cheesy Beef Burger + Hashbrown	Bacon.Egg Sandwich	Beef Hot Dog + French Fries	Chicken in Garlic & Green.Onion Sauce + White Rice	Caesar Salad with Cheddar cheese + Pita Bread ^	Tuna Onigiri Rice Balls + Edamame Beans #
Apr 2 (Wed)	Chicken Pasta + White Sauce	Egg Fried Rice ^ #	Baked Chicken Strips + French Fries	Baked Cheesy Vegetarian Quesadillas + Cheese Perogies ^	Sushi Rice Sandwich with Ham.Egg.Bacon #	Cucumber Rolls + Edamame Beans ^ #	Chicken Dumplings + Dry Wheat Noodle
Apr 3 (Thur)	Mac & Cheese + Shredded Chicken	Beef Burger + Hashbrown	Bacon.Egg.Sausage Wrap + Cheese Perogies	Turkey.Cheese Sandwich	Chicken Hot Dog + French Fries	Chicken Dumplings + Vegetables	Baked Chicken Nuggets + Bun
Apr 4 (Fri)	Meatball Pasta + Tomato Sauce	Egg.Ham Fried Rice	Baked Cheesy Chicken Quesadillas + Cheese Perogies	English Muffin with Ham.Cheese + Cheese Perogies	Chicken in Garlic & Green.Onion Sauce + Dry Wheat Noodle	Baked Fish Rolls + Edamame Beans	Mini Cheese Pizza Slices ^
Apr 7 (Mon)	Mac & Cheese ^	Chicken Burger + Hashbrown	Baked Chicken Wrap + Cheese Perogies	Ham.Egg Sandwich	Chicken in Teriyaki Sauce + White Rice	Chicken Caesar Salad with Cheddar cheese + Pita Bread	Baked Chicken Nuggets + French Fries
Apr 8 (Tue)	Chicken Pasta + White Sauce	Egg.Chicken Fried Rice	Baked Chicken Strips + Bun	English Muffin with Turkey.Egg + Cheese Perogies	Chicken in Garlic & Vineger Sauce + Dry Wheat Noodle	Tamago (Egg) Rolls + Edamame Beans ^ #	Two Chicken Hot Dogs
Apr 9 (Wed)	Mac & Cheese + Shredded Chicken	Cheesy Beef Burger + Hashbrown	Bacon.Egg Sandwich	Beef Hot Dog + French Fries	Chicken in Garlic & Green.Onion Sauce + White Rice	Caesar Salad with Cheddar cheese + Pita Bread ^	Tuna Onigiri Rice Balls + Edamame Beans #
Apr 10 (Thur)	Meatball Pasta + Tomato Sauce	Egg Fried Rice ^ #	Baked Chicken Strips + French Fries	Baked Cheesy Vegetarian Quesadillas + Cheese Perogies ^	Sushi Rice Sandwich with Ham.Egg.Bacon #	Cucumber Rolls + Edamame Beans ^ #	Chicken Dumplings + Dry Wheat Noodle
Apr 11 (Fri)	Mac & Cheese ^	Beef Burger + Hashbrown	Bacon.Egg.Sausage Wrap + Cheese Perogies	Turkey.Cheese Sandwich	Chicken Hot Dog + French Fries	Chicken Dumplings + Vegetables	Baked Chicken Nuggets + Bun
Apr 14 (Mon)	Chicken Pasta + White Sauce	Egg.Ham Fried Rice	Baked Cheesy Chicken Quesadillas + Cheese Perogies	English Muffin with Ham.Cheese + Cheese Perogies	Chicken in Garlic & Green.Onion Sauce + Dry Wheat Noodle	Baked Fish Rolls + Edamame Beans	Mini Cheese Pizza Slices ^
Apr 15 (Tue)	Mac & Cheese + Shredded Chicken	Chicken Burger + Hashbrown	Baked Chicken Wrap + Cheese Perogies	Ham.Egg Sandwich	Chicken in Teriyaki Sauce + White Rice	Chicken Caesar Salad with Cheddar cheese + Pita Bread	Baked Chicken Nuggets + French Fries
Apr 16 (Wed)	Meatball Pasta + Tomato Sauce	Egg.Chicken Fried Rice	Baked Chicken Strips + Bun	English Muffin with Turkey.Egg + Cheese Perogies	Chicken in Garlic & Vineger Sauce + Dry Wheat Noodle	Tamago (Egg) Rolls + Edamame Beans ^ #	Two Chicken Hot Dogs
Apr 17 (Thur)	Mac & Cheese ^	Cheesy Beef Burger + Hashbrown	Bacon.Egg Sandwich	Beef Hot Dog + French Fries	Chicken in Garlic & Green.Onion Sauce + White Rice	Caesar Salad with Cheddar cheese + Pita Bread ^	Tuna Onigiri Rice Balls + Edamame Beans #
Apr 22 (Tue)	Chicken Pasta + White Sauce	Egg Fried Rice ^ #	Baked Chicken Strips + French Fries	Baked Cheesy Vegetarian Quesadillas + Cheese Perogies ^	Sushi Rice Sandwich with Ham.Egg.Bacon #	Cucumber Rolls + Edamame Beans ^ #	Chicken Dumplings + Dry Wheat Noodle
Apr 23 (Wed)	Mac & Cheese + Shredded Chicken	Beef Burger + Hashbrown	Bacon.Egg.Sausage Wrap + Cheese Perogies	Turkey.Cheese Sandwich	Chicken Hot Dog + French Fries	Chicken Dumplings + Vegetables	Baked Chicken Nuggets + Bun
Apr 24 (Thur)	Meatball Pasta + Tomato Sauce	Egg.Ham Fried Rice	Baked Cheesy Chicken Quesadillas + Cheese Perogies	English Muffin with Ham.Cheese + Cheese Perogies	Chicken in Garlic & Green.Onion Sauce + Dry Wheat Noodle	Baked Fish Rolls + Edamame Beans	Mini Cheese Pizza Slices ^
Apr 25 (Fri)	Mac & Cheese ^	Chicken Burger + Hashbrown	Baked Chicken Wrap + Cheese Perogies	Ham.Egg Sandwich	Chicken in Teriyaki Sauce + White Rice	Chicken Caesar Salad with Cheddar cheese + Pita Bread	Baked Chicken Nuggets + French Fries
Apr 28 (Mon)	Chicken Pasta + White Sauce	Egg.Chicken Fried Rice	Baked Chicken Strips + Bun	English Muffin with Turkey.Egg + Cheese Perogies	Chicken in Garlic & Vineger Sauce + Dry Wheat Noodle	Tamago (Egg) Rolls + Edamame Beans ^ #	Two Chicken Hot Dogs
Apr 29 (Tue)	Mac & Cheese + Shredded Chicken	Cheesy Beef Burger + Hashbrown	Bacon.Egg Sandwich	Beef Hot Dog + French Fries	Chicken in Garlic & Green.Onion Sauce + White Rice	Caesar Salad with Cheddar cheese + Pita Bread ^	Tuna Onigiri Rice Balls + Edamame Beans #
Apr 30 (Wed)	Meatball Pasta + Tomato Sauce	Egg Fried Rice ^ #	Baked Chicken Strips + French Fries	Baked Cheesy Vegetarian Quesadillas + Cheese Perogies ^	Sushi Rice Sandwich with Ham.Egg.Bacon #	Cucumber Rolls + Edamame Beans ^ #	Chicken Dumplings + Dry Wheat Noodle