

APRIL | 2023

LIFE Center Lunch Menu



MONDAY

3 Chicken Fries
Dinner Roll
Broccoli
Fresh Fruit
Choice of Milk

10 Nachos
Refried Beans
Fresh Fruit
Choice of Milk

17 Beef Teriyaki Dippers
Dinner Roll
Carrots
Fresh Fruit
Choice of Milk

24 Chicken Fries
Dinner Roll
Broccoli
Fresh Fruit
Choice of Milk

TUESDAY

4 Hamburger/
Cheeseburger
French Fries
Fresh Fruit
Choice of Milk

11 Popcorn Chicken
Biscuit
Mashed Potatoes
Fresh Fruit
Choice of Milk

18 Mini Corn Dogs
Cookie
Baked Beans
Fresh Fruit
Choice of Milk

25 Hamburger/
Cheeseburger
French Fries
Fresh Fruit
Choice of Milk

WEDNESDAY

5 Pizza Crunchers
Baked Beans
Fresh Fruit
Choice of Milk

12 French Bread Pizza
Mini Peppers
Fresh Fruit
Choice of Milk

19 Bosco Sticks with
Marinara Sauce
Corn
Fresh Fruit
Choice of Milk

26 National Pretzel Day!
Soft Pretzels
Cheese Sauce
Baked Beans
Fresh Fruit
Choice of Milk

THURSDAY

6 Chicken and Waffles
Strawberry Topping
Carrots
Fresh Fruit
Choice of Milk

13 Chicken Nuggets
Mac and Cheese
Broccoli
Fresh Fruit
Choice of Milk

20 Sliced Cheese Pizza
Broccoli
Fresh Fruit
Choice of Milk

27 Chicken and Waffles
Strawberry Topping
Carrots
Fresh Fruit
Choice of Milk

FRIDAY

7 Calzones
Cauliflower
Fresh Fruit
Choice of Milk

14 Orange Chicken
Fried Rice
Celery
Fresh Fruit
Choice of Milk

21 Chicken Sandwiches
Cucumbers
Fresh Fruit
Choice of Milk

28 Calzones
Cauliflower
Fresh Fruit
Choice of Milk

Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

Daily Alternative Choices:

- Peanut-Free Wowbutter and Jelly Sandwich^V
- Salad Bar
- Assorted Sandwiches

All Grab & Go meals come with a choice of:

- Low-Fat Milk
- Up to 2 fruits
- Up to 2 veggies

*Must get 1 fruit and/or veggie to make a meal

All entrees come with choices of assorted fruit, fresh vegetables, and low-fat white/flavored milk

Meal Prices:

Breakfast: \$2.25
Lunch: \$3.50
Adult: \$4.80
Extra Milk: \$0.50