

April 2018 Karnack PRE-K- 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Lasagna Steamed Broccoli w/ Cheese Sauce Glazed Sweet Potatoes Garlic Bread Baked Apples Variety of Milk	3 Taco Salad Cowboy Beans Salsa / Sour Cream Jalapenos Graham Crackers Orange Wedges Variety of Milk	4 Salisbury Steak Mashed Potatoes Peas & Carrots Steamed Corn Whole Wheat Roll Peach Cobbler Brown Gravy / Ketchup Variety of Milk	5 Turkey Corn Dog Potato Wedges Cole Slaw Baked Beans Applesauce Cup Mustard/Ketchup Variety of Milk	6 Hamburger on Bun Sliced Cheese Burger Salad w/Pickle French Fries Steamed Carrots Diced Pear Cups Mustard/Mayo/Ketchup Variety of Milk
9 Chicken & Noodles Garden salad Peas & Carrots Garlic Bread Sliced Peaches Variety of Milk	10 Beef Enchiladas Romaine Salad Refried Beans Ranch Dressing Steamed Carrots Orange Wedges Variety of Milk	11 Meat Loaf Mashed Potatoes Green Beans Steamed Carrots Whole Wheat Roll Ketchup / Gravy Baked Apples Variety of Milk	12 Catfish Strips Potato Wedges Cole Slaw Sliced Bread Ketchup / Tartar Sauce Apple Sauce Cup Variety of Milk	13 Pulled Pork on Bun Potato Salad Baked Beans Sidekick Ketchup/BBQ Sauce Variety of Milk
16 Spaghetti w/ Meat Sauce Romaine Salad Steamed Corn Garlic Bread Orange Wedges Lite Ranch Dressing Variety of Milk	17 Meat Tacos Refried Beans Salsa/Jal Peppers Apple sauce Cups Sour Cream Graham Crackers Variety of Milk	18 Pork Roast Mashed Potatoes Gravy/Ketchup Green Beans Whole Wheat Roll Peach Cobbler Diced Pears Variety of Milk	19 Chicken Pot Pie Steamed Cabbage Sweet Potatoes Pinto Beans Corn Bread Sliced Peaches Variety of Milk	20 Sloppy Joe on Bun French Fries Baked Beans Baby Carrots Apple Slices Ketchup / Lite Ranch Variety of Milk
23 Pepperoni Pizza Steamed Broccoli Steamed Corn Steamed Carrots Diced Pears Variety of Milk	24 Meat Nachos w/Cheese Salsa/Sour Cream Jalapeno Peppers Pinto Beans Apple Slices Variety of Milk	25 Garlic & Herb Chicken Mashed Potatoes Peas & Carrots Diced Peach Cup Whole Wheat Roll Ketchup / Gravy Variety of Milk	26 Chicken Patty on Bun Tuna Fish Sandwich Burger Salad w/ Pickle French Fries Baked Beans Apple Sauce Cup RC Mayo/Ketchup Variety of Milk	27 Fish Patty on Bun Or PB & J French Fries Burger Salad w/ Pickle Sidekick RC Mayo/Ketchup Tartar Sauce Variety of Milk
30 Cheesy Mac & Beef Green Beans Sweet Potatoes Whole Wheat Roll Apple Sauce Cups Variety of Milk				

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