

APRIL

Great Lakes Academy Lunch Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
<p>This institution is an equal opportunity provider.</p> <p>*Menu items are subject to change based on availability.*</p> <p>Choice of Milk: 1% Chocolate, 1% White or Lactose</p>									
		1		2		3			
6	<p>A: Cheeseburger 2.5 oz. Beef Patty 5 oz. American Cheese 2.05 oz. WW Hamburger Bun</p> <p>B: Chicken Corndog 4 oz. Chicken Corn Dog Ketchup & Mustard</p> <p>SIDES 1/2 c. Apple Slices 3/4 c. Corn on the Cob</p>	7	<p>A: Crispy Chicken Tenders (3) Chicken Tenders 1.1 oz. WG Dinner Roll</p> <p>B: Italian Combo Sandwich 4.5 oz. Turkey Ham, Turkey Pepperoni, Turkey Salami & Cheese on Wheat Bun</p> <p>SIDES 1/2 c. Fresh Orange 3/4 c. Sweet Potato Wedges Ketchup</p>	8	<p>A: Southwest Salad 3 oz. Seasoned Beef 1 oz. Shredded Cheddar 1 c. Romaine Lettuce 1/4 c. Black Beans & Corn 2 oz. WG Corn Chips</p> <p>B: Chicken Quesadilla 5 oz. Chicken & Cheese on WG Tortilla</p> <p>SIDES 1/2 c. Fresh Yellow Apple 3/4 c. Pinto Beans Taco Sauce</p>	9	<p>A: Grilled Chicken Pita 3 oz. Chicken & Cheese</p> <p>B: Bosco Sticks (2) 2 oz. Bosco Sticks 1/4 c. Marinara Sauce</p> <p>SIDES 1/2 c. Fresh Banana 3/4 c. French Fries</p>	10	<p>A: Pepperoni Pizza 5 oz. Pepperoni Pizza 2 oz. WG Crust</p> <p>B: Cheese Pizza 5 oz. Cheese Pizza</p> <p>SIDES 1/2 c. Frozen Fruit Treat 1.5 c. Side Salad w/ Ranch</p>
13	<p>A: Chicken Nuggets (5) Chicken Nuggets 1.1 oz. WG Dinner Roll BBQ Sauce</p> <p>B: Chicken Corndog 4 oz. Chicken Corn Dog</p> <p>SIDES 1/2 c. Apple Slices 3/4 c. Sweet Potato Crinkle Fries Ketchup & Mustard</p>	14	<p>A: Beef Meatloaf 2.9 oz. Beef Meatloaf 1/2 c. Mashed Potatoes & Gravy 1/4 c. Corn 2 oz. WG Corn Muffin</p> <p>B: Italian Combo Sandwich 4.5 oz. Turkey Ham, Turkey Pepperoni, Turkey Salami & Cheese on Wheat Bun 3/4 c. Potato Wedges</p> <p>SIDES 1/2 c. Fresh Orange</p>	15	<p>A: Walking Taco 3 oz. Seasoned Beef 1 oz. Nacho Cheese 2 oz. WG Dorito Chips</p> <p>B: Chicken Quesadilla 5 oz. Chicken & Cheese on WG Tortilla</p> <p>SIDES 1/2 c. Fresh Yellow Apple 3/4 c. Black Beans Taco Sauce</p>	16	<p>A: Cheeseburger Mac 3 oz. Ground Beef & Cheese 1 c. WG Elbow Noodles</p> <p>B: Bosco Sticks (2) 2 oz. Bosco Sticks 1/4 c. Marinara Sauce</p> <p>SIDES 1/2 c. Fresh Banana 3/4 c. Glazed Carrots</p>	17	<p>A: Pepperoni Pizza 5 oz. Pepperoni Pizza 2 oz. WG Crust</p> <p>B: Cheese Pizza 5 oz. Cheese Pizza</p> <p>SIDES 1/2 c. Frozen Fruit Treat 1.5 c. Side Salad w/ Ranch</p>
20	<p>A: Crispy Chicken Sandwich 3.29 oz. Breaded Chicken 2.05 oz. WW Hamburger Bun Mayo</p> <p>B: Chicken Corndog 4 oz. Chicken Corn Dog Ketchup & Mustard</p> <p>SIDES 1/2 c. Apple Slices 3/4 c. Sweet Potato Tots</p>	21	<p>A: Coney Dog 2 oz. Beef Hot Dog 1/4 c. Coney Chili 2 oz. WW Hot Dog Bun Mustard</p> <p>B: Italian Combo Sandwich 4.5 oz. Turkey Ham, Turkey Pepperoni, Turkey Salami & Cheese on Wheat Bun Mayo</p> <p>SIDES 1/2 c. Fresh Orange 3/4 c. French Fries Ketchup</p>	22	<p>A: Beef Soft Tacos 3 oz. Seasoned Beef 1 oz. Shredded Cheddar (2) WG Tortillas</p> <p>B: Chicken Quesadilla 5 oz. Chicken & Cheese on WG Tortilla</p> <p>SIDES 1/2 c. Fresh Yellow Apple 3/4 c. Pinto Beans Taco Sauce</p>	23	<p>A: Italian Mostaccioli 3 oz. Ground Beef 1/2 c. Marinara Sauce 1 c. WG Penne Pasta</p> <p>B: Bosco Sticks (2) 2 oz. Bosco Sticks 1/4 c. Marinara Sauce</p> <p>SIDES 1/2 c. Fresh Banana 3/4 c. Green Beans</p>	24	<p>A: Pepperoni Pizza 5 oz. Pepperoni Pizza 2 oz. WG Crust</p> <p>B: Cheese Pizza 5 oz. Cheese Pizza</p> <p>SIDES 1/2 c. Frozen Fruit Treat 1.5 c. Side Salad w/ Ranch</p>
27	<p>A: Meatball Marinara Sub (4) Beef Meatballs 1 oz. Mozzarella Cheese 1 oz. Marinara Sauce 2 oz. WG Sub Bun</p> <p>B: Chicken Corndog 4 oz. Chicken Corn Dog</p> <p>SIDES 1/2 c. Apple Slices 3/4 c. Sweet Potato Fries Ketchup & Mustard</p>	28	<p>A: Chicken Drumstick 3 oz. Chicken Drumstick 2 oz. WG Corn Muffin</p> <p>B: Italian Combo Sandwich 4.5 oz. Turkey Ham, Turkey Pepperoni, Turkey Salami & Cheese on Wheat Bun</p> <p>SIDES 1/2 c. Fresh Orange 3/4 c. Garlic & Rosemary Potatoes BBQ Sauce Ketchup</p>	29	<p>A: Chicken Fajita Bowl 2.5 oz. Chicken Fajita Strips 1 oz. Shredded Cheddar 1 c. Brown Rice</p> <p>B: Chicken Quesadilla 5 oz. Chicken & Cheese on WG Tortilla</p> <p>SIDES 1/2 c. Fresh Yellow Apple 3/4 c. Black Beans & Corn Taco Sauce</p>	30	<p>A: Macaroni & Cheese 8 oz. Macaroni & Cheese w/ WG Noodles</p> <p>B: Bosco Sticks (2) 2 oz. Bosco Sticks 1/4 c. Marinara Sauce</p> <p>SIDES 1/2 c. Fresh Banana 3/4 c. Broccoli</p>		

