

## 2018 Friendly Fork April Menu

2	Country Fried Steak with Cream Gravy, Yukon Mashed Potatoes, Gravy, Green Beans, Orange Wedges, Wheat Roll, Butter, Milk 1%
3	Sloppy Joe on Wheat Bun, Creamy Coleslaw, Roasted Sweet Potato, Raspberry Gelatin with Raspberries and Pears, Milk 1%
4	Teriyaki Chicken with Pineapple, Rice Pilaf, Green Beans with Water Chestnuts, Apple/Cranberry Crisp, Milk 1%
5	Tamale Pie, Zucchini with Red Peppers and Onions, Tropical Fruit Mix, Custard with Strawberries, Milk 1%
6	Lemon Cod with Basil, Lemon, Tartar Sauce, Baked Sweet Potato, Spinach Garbanzo Salad w/ Raspberry Dressing, Wheat Roll, Butter, Almond Peach Slices, Milk 1%
9	Turkey Tetrazzini, California Blend, Pears with Grapes, Wheat Roll, Butter, Orange Gelatin with Mandarin Oranges, Milk 1%
10	Spaghetti with Meat Sauce, Peas with Pearl Onions, Tossed Salad, Italian Dressing, Peaches, Wheat Roll, Butter, Milk 1%
11	Hot Roast Beef Sandwich Topped with Mashed Red Potatoes and Gravy over Bread, Asparagus, Cherry Crisp, Milk 1%
12	Breakfast Burrito, Pico De Gallo, Sour Cream, Refried Beans, Strawberries and Bananas, Yogurt-Blueberry-Granola, Milk 1%
13	Chicken Soft Taco, Pico De Gallo, Shredded Lettuce, Tomato, Cheese, Sour Cream, Mexicorn, Mandarin Oranges, Fruit and Nut Crunch, Milk 1%
16	Lentil and Black Bean Soup, Wheat Crackers, Tuna Salad Sandwich on Wheat Bread, Carrot Carissin Salad, Melon Mix, Milk 1%
17	BBQ Pork on Wheat Bun, Baked Sweet Potato, Green Pepper Slaw, Pineapple with Blueberries, Milk 1%
18	Beef Stew, Green Apple Coleslaw, Buttermilk Biscuit, Butter, Watermelon, Banana Bar, Milk 1%

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19	Salisbury Steak with Gravy, Baked Potato, Sour Cream, Butter, California Blend, Wheat Roll, Butter, Strawberries-Bananas, Milk 1%
20	Meat Lasagna, Spinach and Garbanzo Salad with Poppy Seed Dressing, Mandarin Oranges, Apples and Bananas, Fruity Nut Granola Bar, Milk 1%
23	Beef Burgundy, Mashed Red Potatoes, Cabbage, Pear, Cranberry Slaw, Wheat Roll, Butter, Oatmeal Raisin Cookie, Milk 1%
24	Chili Meatloaf, Baked Potato, Sour Cream, Butter, Green Beans with Mushrooms, Mixed Fruit, Chocolate Chip Cookie, Milk 1%
25	Austrian Style Pork, Mashed Red Potatoes, Wheat Roll, Butter, Mixed Fruit with Apples, Spice Cake, Milk 1%
26	Chicken Kiev, Broccoli, Spinach Salad with Raspberry Vinaigrette, Pears and Blueberries, Fruity Nut Granola Bar, Milk 1%
27	Tuna Casserole, Wilted Spinach, Harvard Beets, Peach Crisp, Milk 1%
30	Chicken White Chili, Spinach Strawberry Salad with Poppy Seed Dressing, Mixed Melon Salad, Cinnamon Roll, Milk 1%