

April



White Pine Nutrition Program 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Cordon Bleu Rice Pilaf California Blend Veggies Fruit	2 Chicken Fried Steak Mashed Potatoes/Gravy Mixed Veggies Fruit	3 Pepperoni Pizza Colorful Salad with Peas Fruit	4 Lentil Soup Tuna Salad Sandwich on WW Bread Applesauce	#90 5 Hot Turkey Sandwich Peas & Carrots Tomatoes/Vinaigrette Fresh Orange Oatmeal Raisin Cookie
8 Herb Baked Chicken Mashed Sweet Potatoes Herbed Veggie Medley WW Bread Applesauce	#73 9 Salisbury Steak Onions/Noodles/Gravy Capri Veggies Fruit	10 Taco Salad/Beans WW Shell Lettuce/Tomato/Onion Salsa/Sour Cream Steamed Carrots Fruit	11 Hot Roast Beef Sandwich Mashed Potatoes/Gravy Peas/ Carrots Fruit	#2 12 Baked Pollack Creole Baked Potato Sour Cream Garden Salad WW Bread Orange Jello w Oranges
15 Beef Stroganoff/Rice 3 Bean Salad Fruit Mix Biscuit	16 Pork Roast Augratin Potatoes Key West Veggies Fruit	#102 17 Chicken & Dumplings Green Peas Carrot/Raisin Salad WW Crackers Fresh Fruit	#3 18 Meat Loaf Mashed Potatoes/Gravy Steamed Spinach WW Bread Tropical Fruit Cup	19 Salmon Alfredo Sauce/Noodles California Blend Veggies Buttermilk Salad with Mixed Fruit
22 Chili with Meat Corn Bread Mixed Green Salad Fruit	#120 23 BBQ Pork Sandwich Corn Steamed Spinach Coleslaw Fruit	24 Roast Beef Potatoes/Carrots Beet Salad WW Roll Fruit	25 Fish Sticks Potato Salad Bean Combo Veggies Fruit Cup	#39 26 Spaghetti/Meat Sauce Zucchini Colorful Sald WW Bread Fresh Orange Birthday Cake
#19 29 Beef Vegetable Soup Tuna Mac Salad WW Roll Tropical Fruit Cup	#159 30 Pork Chops Mushroom Gravy Baked Potato Carrots Tossed Salad Fruit Mix			

HOMEBOUND PLEASE CALL BEFORE 8AM IF YOU WILL NOT BE HOME - 289-2742

Menu Subject to Change Without Notice

Gravy Served w/Mashed Potatoes

2% Milk Served Daily



MARTIN