



Monkton Munch Lion Cafe

Lunch Menu

Jenny VanNosdeln, Manager and Deb Preston Assistant

APRIL 2017

Monday		Tuesday		Wednesday		Thursday		Friday		453-2314	
3 Meatball Subs w/ Mozzarella on Whole Wheat Bun or Falafel (Chick Pea Patties) w/ Tziki (yogurt sauce) Ceasar Salad Tender Sweet Peas FRESH FRUIT & VEGGIE BAR		4 Chicken Tenders or Baked Tofu w/ BBQ Dipping Sauce Cheesy Corn Bread Baked Beans Roasted Potato Wedges FRESH FRUIT & VEGGIE BAR		5 Homemade Chicken & Biscuits w/ Seasonal Veggies Buttery Green Beans FRESH FRUIT & VEGGIE BAR		6 Baked Potato Bar Ham, Cheddar Toppings Steamed Broccoli Carrot Muffin FRESH FRUIT & VEGGIE BAR		7 Hamburger, Cheeseburger, Veggie Burger Lettuce, Tomatoes, Pickles, Onions Sweet Potato Fries FRESH FRUIT & VEGGIE BAR		 <p>ANESU Food Service Cooperative</p>	
10 BRUNCH FOR LUNCH Scrambled Eggs French Toast Sticks w/ VT Maple Syrup Roasted Potato Wedges Steamed Broccoli FRESH FRUIT & VEGGIE BAR		11 TACO TUESDAY Smith Farm Beef or Bean Hard or Soft Taco Shredded Lettuce, Tomato, Cheese Brown Rice Mexican Beans FRESH FRUIT & VEGGIE BAR		12 Cheesy Whole Grain Breadsticks w/ Marinara Dipping Sauce Strawberry Spinach Salad Roasted Sweet Potato FRESH FRUIT & VEGGIE BAR		13 Rotini with Meat Sauce or Cheese Sauce Roasted Carrots Green Beans Garlic Bread FRESH FRUIT & VEGGIE BAR		14 Ham & Cheese Melt or Cheese & Tomato Melt Hearty Corn Chowder Dilly Cucumber & Apple Salad FRESH FRUIT & VEGGIE BAR			
17 Chicken Fajita on WW Tortilla Grilled Peppers and Onions Brown Rice Mexican Black Beans FRESH FRUIT & VEGGIE BAR		18 Meatloaf Cupcakes with Mashed Potato Frosting Broccoli Spears Cornbread FRESH FRUIT & VEGGIE BAR		19 BBQ Chicken Sandwich on a WW Bun Creamy Coleslaw Roasted Cauliflower FRESH FRUIT & VEGGIE BAR		20 Meaty Lasagna or Veggie Lasagna Ceasar Salad Dinner Rolls FRESH FRUIT & VEGGIE BAR		21 Macaroni and Cabot Cheddar Cheese Baked Beans Honey Glazed Carrots FRESH FRUIT & VEGGIE BAR			
24 No School! Spring Break		25 No School! Spring Break		26 No School! Spring Break		27 No School! Spring Break		28 No School! Spring Break		<p>Go to www.myschoolbucks.com to prepay for school meals</p> <p>VISIT OUR WEBSITE AT: www.anesunutrition.com</p>	
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p><u>Alternate Meal DAILY</u></p> <p>◆ ◊ ◆</p> <p>Peanut Butter & Jelly Sandwich With side Veggies and Fruit</p>					
	Whole Grain Cereal Cheese Stick Fruit Milk	Whole Grain Bagel with Cream Cheese Fruit Milk	Homemade Granola w/ 4 oz. Yogurt Fruit Milk	Homemade Whole Grain Baked Good Boiled Egg Fruit Milk	Whole Grain Pretzel Cheese Stick Fruit Milk						
										<p>This institution is an equal opportunity provider.</p>	