



APRIL | 2017

Chattanooga Girls Leadership Academy Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Whole Grain Cheese Sandwiches House Salad Bar featuring Jicama Choice of up to 2 Fruits* Choice of up to 1 Milk	4 Build Your Own Hamburger on Whole Grain Bun House Salad Bar featuring Corn and Black Bean Salsa Choice of up to 2 Fruits* Choice of up to 1 Milk Whole Grain Gingerbread Cookie	5 Build Your Own Pizza Diced Ham or Pepperoni featuring Black Bean and Corn Salsa Choice of up to 2 Fruits* Choice of up to 1 Milk	6 Whole Grain Pizza Sticks Marinara Sauce Caesar Salad Bar featuring Lima Beans Choice of up to 2 Fruits* Choice of up to 1 Milk	7 Whole Grain Breaded Chicken Patty Pasta and Veggie Salad Bar featuring Water Chestnuts Choice of up to 2 Fruits* Choice of up to 1 Milk
10 Whole Grain Cheese Quesadilla House Salad Bar featuring Jicama Choice of up to 2 Fruits* Choice of up to 1 Milk	11 Whole Grain Personal Pizza Caesar Salad Bar featuring Chickpeas Choice of up to 2 Fruits* Choice of up to 1 Milk	12 Chicken or Tuna Salad Sandwiches House Salad Bar Featuring Fire Roasted Corn Choice of up to 2 Fruits* Choice of up to 1 Milk	13 Whole Grain Breaded Chicken Nuggets House Salad Bar featuring Sweet Peas Choice of up to 2 Fruits* Choice of up to 1 Milk Whole Grain Goldfish Graham Cracker	14 School Holiday Good Friday
17 Grilled Chicken Sandwich on Whole Grain Bun Caesar Salad Bar featuring Lima Beans Choice of up to 2 Fruits* Choice of up to 1 Milk	18 Whole Grain Breaded Spicy Chicken Patty Pasta and Veggie Salad Bar featuring Water Chestnuts Choice of up to 2 Fruits* Choice of up to 1 Milk	19 Whole Soy Butter and Jelly Sandwiches House Salad Bar featuring Black Beans Choice of up to 2 Fruits* Choice of up to 1 Milk	20 Whole Grain Chicken Quesadilla House Salad Bar featuring Jicama Choice of up to 2 Fruits* Choice of up to 1 Milk	21 Build Your Own Turkey Burger on Whole Grain Bun House Salad Bar featuring Potato Salad Choice of up to 2 Fruits* Choice of up to 1 Milk
24 Grilled Chicken Salad Carrot and Celery Stick Cups with Ranch Whole Grain Roll Choice of up to 2 Fruits* Choice of up to 1 Milk	25 Whole Grain Pizza Sticks Marinara Sauce Caesar Salad Bar featuring Lima Beans Choice of up to 2 Fruits* Choice of up to 1 Milk	26 Build Your Own Shaker Salad Diced Ham, Turkey, or hard boiled eggs Salad Bar featuring assorted cold pastas Choice of up to 2 Fruits* Choice of up to 1 Milk	27 Whole Grain Breaded Spicy Chicken Sandwich on Whole Grain Bun House Salad Bar featuring Water Chestnuts Choice of up to 2 Fruits* Choice of up to 1 Milk	28 Build Your Own Hamburger on Whole Grain Bun House Salad Bar featuring Corn and Black Bean Salsa Choice of up to 2 Fruits* Choice of up to 1 Milk

News

Lunch Includes

- **Choice of 1 Entrée (includes meat/ meat alternative & grain)**
- **Choice of up to 2 vegetable ***
- **Choice of up to 2 fruits ***
- **Choice of up to 1 Milk**

***A lunch must include ½ cup of fruit or vegetable and 2 full other components**

***Middle school students receive a maximum of 1 fruit with their lunch**

Other Daily Lunch Entrée Options:

- >Soy Butter and Jam Sandwich**
- >Yogurt & Whole Grain Granola**