



# APRIL

## Lunch



### THE INTERGENERATIONAL SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
<b>April 3, 2017</b> CHICKEN TENDERS WITH POTATO WEDGES Peas & Carrots Applesauce Cup BBQ Sauce Ketchup Choice of Milk	<b>April 4, 2017</b> *BREAKFAST FOR LUNCH* PANCAKES & SAUSAGE Tropical Veggie Juice Diced Peaches Syrup Choice of Milk	<b>April 5, 2017</b> CRISPY CHICKEN FILLET Whole Wheat Bun Mashed Potatoes Baby Carrots Light Ranch Dressing Fresh Fruit BBQ Sauce Choice of Milk	<b>April 6, 2017</b> BEEF & CHEESE BURRITO Salsa Cup Refried Beans Blended Fruit Juice Choice of Milk	<b>April 7, 2017</b> CHEESE PIZZA Broccoli Fresh Fruit Choice of Milk
<b>April 10, 2017</b> POPCORN CHICKEN Mixed Vegetables Grape Juice BBQ Sauce Choice of Milk	<b>April 11, 2017</b> HOT DOG W/ POTATO ROUNDS Hot Dog Bun Maple Baked Beans Diced Peaches Mustard Ketchup (2) Choice of Milk	<b>April 12, 2017</b> BBQ CHICKEN Green Beans Diced Peas Whole Wheat Bun Choice of Milk	<b>April 13, 2017</b> PEPPERONI PIZZA Fresh Broccoli Florets Light Ranch Dressing Fresh Fruit Choice of Milk	<b>April 14, 2017</b> NO SCHOOL
<b>April 17, 2017</b> NO SCHOOL	<b>April 18, 2017</b> TURKEY BURGER Whole Wheat Bun French Fries Orange Juice Ketchup (2) Choice of Milk	<b>April 19, 2017</b> CRISPY CHICKEN TENDERS (WHOLE GRAIN) Maple Baked Beans Crunchy Celery Sticks Light Ranch Dressing Fresh Fruit BBQ Sauce Choice of Milk	<b>April 20, 2017</b> ROTINI BAKE WITH MEATSAUCE Garden Peas Fresh Fruit Raspberry Cookies Choice of Milk	<b>April 21, 2017</b> SAUSAGE PIZZA Broccoli Mixed Fruit Cup Choice of Milk
<b>April 24, 2017</b> WG CHICKEN NUGGETS WITH POTATO ROUNDS Whole Kernel Corn Orange Sorbet 100% Juice BBQ Sauce Ketchup Choice of Milk	<b>April 25, 2017</b> SLOPPY JOE Whole Wheat Bun Green Beans Mixed Fruit Cup Choice of Milk	<b>April 26, 2017</b> PEPPERONI PIZZA Broccoli Grape Juice Choice of Milk	<b>April 27, 2017</b> CHICKEN TACO Tortilla Scoops Taco Beans Fresh Fruit Choice of Milk	<b>April 28, 2017</b> SHELLS & CHEESE Mixed Vegetables Fresh Fruit Chocolate Chip Minis Choice of Milk

\*\*\*\* ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

\*\*\* MENU SUBJECT TO CHANGE.

\*\*\* This institution is an equal opportunity provider.

Look for our featured lunch days:



## Nutritional Information: THE INTERGENERATIONAL SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
04-03-2017	CHICKEN TENDERS WITH POTATO WEDGES	313	17	2	0	25	409	24	4	1	16	30	2	0	2	MMA:2oz G/B:1sv WG V:1/4c S
	Peas & Carrots	58	0	0	0	0	35	11	4	5	3	413	22	28	1	V:1/4c S V:1/4c RO
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-04-2017	*BREAKFAST FOR LUNCH*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	PANCAKES & SAUSAGE	309	13	4	0	50	526	30	4	7	18	3	0	133	3	MMA:2.25oz G/B:2sv WG
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Syrup	73	0	0	0	0	3	19	0	9	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-05-2017	CRISPY CHICKEN FILLET	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Whole Wheat Bun	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Mashed Potatoes	79	0	0	0	0	275	17	1	1	3	0	59	41	0	V:1/2c S
	Baby Carrots	13	0	0	0	0	29	3	1	2	0	1525	1	12	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-06-2017	BEEF & CHEESE BURRITO	302	11	4	0	19	583	36	6	1	15	36	2	177	4	MMA:2oz G/B:2sv WG
	Salsa Cup	31	0	0	0	0	96	6	1	0	1	141	3	0	2	V:1/4c RO
	Refried Beans	115	2	0	0	0	141	19	6	1	7	0	8	42	2	V:1/2c L
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-07-2017	CHEESE PIZZA	333	11	5	0	23	587	38	3	4	17	135	2	420	2	MMA:1.5oz G/B:2.5sv WG V:1/4c RO
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-10-2017	POPCORN CHICKEN	255	14	3	0	22	388	16	3	1	16	33	0	0	2	MMA:2oz G/B:1sv WG
	Mixed Vegetables	94	1	0	0	0	36	20	5	6	4	408	24	29	1	V:1/4c RO V:1/2c S
	Grape Juice	60	0	0	0	0	20	14	0	16	0	0	30	0	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	

## Nutritional Information: THE INTERGENERATIONAL SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
04-11-2017	HOT DOG W/ POTATO ROUNDS	164	11	4	0	25	369	12	1	3	5	0	15	0	1	MMA:1.5oz V:1/4c S
	Hot Dog Bun	110	2	0	0	0	230	20	3	3	5	0	0	60	1	G/B:1.5sv WG
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	89	3	V:1/2c L
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup (2)	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-12-2017	BBQ CHICKEN	207	7	2	0	75	701	16	0	11	22	109	3	20	1	MMA:2oz V:1/4c RO
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Whole Wheat Bun	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-13-2017	PEPPERONI PIZZA	342	12	5	0	26	714	38	3	4	16	119	2	348	2	MMA:1.5oz G/B:2.5sv WG V:1/4c RO
	Fresh Broccoli Florets	9	0	0	0	0	9	2	0	0	1	48	286	15	0	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-14- 2017	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
04-17- 2017	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
04-18-2017	TURKEY BURGER	125	7	2	0	38	136	2	0	0	14	5	0	34	2	MMA:2oz
	Whole Wheat Bun	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	French Fries	155	6	1	0	0	45	24	0	0	2	0	10	0	0	V:3/4c S
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	Ketchup (2)	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-19-2017	CRISPY CHICKEN TENDERS (WHOLE GRAIN)	260	15	2	0	25	390	16	3	1	15	30	0	0	2	MMA:2oz G/B:1sv WG
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	89	3	V:1/2c L
	Crunchy Celery Sticks	5	0	0	0	0	26	1	0	1	0	7	1	13	0	V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
04-20-2017	ROTINI BAKE WITH MEATSAUCE	312	10	4	0	31	531	37	3	10	18	168	5	197	2	MMA:1.5oz G/B:1sv WG V:3/4c RO
	Garden Peas	77	0	0	0	0	5	14	5	5	5	36	38	24	1	V:1/2c S
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Raspberry Cookies	120	4	0	0	0	115	20	2	6	2	0	0	0	1	G/B:1sv WG
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-21-2017	SAUSAGE PIZZA	327	11	5	0	24	594	39	4	4	16	129	2	353	2	MMA:1.5oz G/B:2.5sv WG V:1/4c RO
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-24-2017	WG CHICKEN NUGGETS WITH POTATO ROUNDS	314	16	3	0	30	549	24	3	0	18	0	3	0	3	MMA:2oz G/B:1sv WG V:1/4c S
	Whole Kernel Corn	73	1	0	0	0	3	17	2	2	2	8	5	3	0	V:1/2c S
	Orange Sorbet 100% Juice	70	0	0	0	0	5	19	3	15	0	600	60	60	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-25-2017	SLOPPY JOE	209	10	4	0	40	558	15	1	10	14	148	9	45	2	MMA:2oz V:1/2c RO
	Whole Wheat Bun	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-26-2017	PEPPERONI PIZZA	342	12	5	0	26	714	38	3	4	16	119	2	348	2	MMA:1.5oz G/B:2.5sv WG V:1/4c RO
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Grape Juice	60	0	0	0	0	20	14	0	16	0	0	30	0	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-27-2017	CHICKEN TACO	133	5	2	0	53	353	5	1	2	18	187	2	74	2	MMA:2oz V:1/4c RO
	Tortilla Scoops	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Taco Beans	207	2	0	0	0	474	37	9	2	12	122	3	139	2	V:1/2c L
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-28-2017	SHELLS & CHEESE	302	18	11	0	58	844	19	1	8	16	223	4	469	0	MMA:2oz G/B:1sv WG
	Mixed Vegetables	94	1	0	0	0	36	20	5	6	4	408	24	29	1	V:1/4c RO V:1/2c S
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Chocolate Chip Minis	130	6	0	0	0	85	19	2	8	2	0	0	0	0	G/B:1sv WG
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain  
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other