



**Washtenaw County
April 2018**

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Chicken Marsala 1 piece Au Gratin Rotini 1/2 cup Spinach 1/2 cup Beet Salad 1/2 cup Whole Grain Roll 1 each Fresh Apple Slices 1/2 cup Milk 1 each Margarine 1 each <i>949 mg Sodium</i>	3	Beef with Mushroom Gravy 1 each Whipped Potatoes 1/2 cup Green Peas 1/2 cup Tossed Salad 1 cup Multi-Grain Bread 1 slice Fresh Cantaloupe 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>876 mg Sodium</i>	4	Chicken Salad 1/2 cup Coleslaw 1/2 cup Italian Tomatoes 1/2 cup Whole Grain Ciabatta Roll 1 each Fresh Pineapple 1/2 cup Milk 1 each <i>708 mg Sodium</i>	5	Hamburger Patty 1 each Lettuce and Tomato 1/4 cup Ranch Beans 1/2 cup California Vegetable Blend 1/2 cup Wheat Hamburger Bun 1 each Fresh Honeydew Melon 1/2 cup Milk 1 each Mustard 1 each Ketchup 1 each <i>679 mg Sodium</i>	6	Sliced Turkey Breast with Gravy 3 oz Oven Roasted Potatoes 1/2 cup Green Beans 1/2 cup Broccoli Salad 1/2 cup Whole Grain Roll 1 each Mandarin Oranges 1/2 cup Milk 1 each Margarine 1 each <i>575 mg Sodium</i>
9	Meatloaf with Tomato Gravy 1 each Whipped Potatoes 1/2 cup Peas and Carrots 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Fresh Cantaloupe 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>901 mg Sodium</i>	10	Baked Chicken Breast 1 each Balsamic Onion Sauce 1 oz Au Gratin Potatoes 1/2 cup Tossed Salad 1 cup Tossed Salad 1/2 cup Multi-Grain Bread 1 slice Fresh Orange 1 each Milk 1 each Margarine 1 each Salad Dressing 1 each <i>784 mg Sodium</i>	11	Potato Crusted Fish 1 each Confetti Rice 1/2 cup Diced Beets 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Fresh Honeydew Melon 1/2 cup Milk 1 each Margarine 1 each Tartar Sauce 1 each Salad Dressing 1 each <i>743 mg Sodium</i>	12	Taco Meat 1/2 cup Shredded Cheese 1/2 oz Lettuce and Tomato 1 cup Mixed Beans 1 cup Fiesta Vegetable Blend 1/2 cup Corn Tortilla 1 each Fresh Pineapple 1/2 cup Milk 1 each Taco Sauce 1 each <i>744 mg Sodium</i>	13	BBQ Rib Patty 1 each Black-eyed Peas 1/2 cup Spinach 1/2 cup Wheat Hamburger Bun 1 each Fresh Apple Slices 1/2 cup Milk 1 each <i>966 mg Sodium</i>
16	Honey Mustard Chicken 1 piece Buttermilk Potatoes 1/2 cup Broccoli 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Peach Half 1 each Milk 1 each Margarine 1 each Salad Dressing 1 each <i>869 mg Sodium</i>	17	POTLUCK	18	Pork Roast with Au Jus Gravy 3 oz Whipped Sweet Potatoes 1/2 cup Mixed Greens 1/2 cup Cornbread (2oz) 1 piece Fresh Apple Slices 1/2 cup Milk 1 each Margarine 1 each <i>569 mg Sodium</i>	19	Salisbury Beef with Gravy 1 each Whipped Potatoes 1/2 cup Mixed Vegetables 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Fresh Cantaloupe 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>757 mg Sodium</i>	20	Sriracha Tuna Salad 1/2 cup Ranch House Tomatoes 1/2 cup Broccoli Salad 1/2 cup Whole Grain Ciabatta Roll 1 each Petite Banana 1 each Milk 1 each <i>918 mg Sodium</i>
23	Swiss Steak 1 each Oven Roasted Potatoes 1/2 cup Diced Beets 1/2 cup Tossed Salad 1 cup Multi-Grain Bread 1 slice Fresh Pineapple 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>727 mg Sodium</i>	24	Potato Crusted Fish 1 each Cheesy Potatoes 1/2 cup Broccoli 1/2 cup Coleslaw 1/2 cup Whole Grain Roll 1 each Fresh Cantaloupe 1/2 cup Milk 1 each Margarine 1 each Tarter Sauce 1 each <i>686 mg Sodium</i>	25	Sliced Turkey Breast with Gravy 3 oz Cornbread Stuffing 1/2 cup Green Beans 1/2 cup Tossed Salad 1 cup Multi-Grain Bread 1 slice Petite Banana 1 each Milk 1 each Margarine 1 each Salad Dressing 1 each <i>766 mg Sodium</i>	26	Beef Hot Dog 1 each Ranch Beans 1/2 cup California Vegetable Blend 1/2 cup Wheat Hot Dog Bun 1 each Fresh Honeydew Melon 1/2 cup Milk 1 each Mustard 1 each <i>942 mg Sodium</i>	27	Baked Chicken Breast 1 each Creole Sauce 1 oz Whole Kernel Corn 1/2 cup Spinach 1/2 cup Beet Saad 1/2 cup Whole Grain Roll 1 each Fresh Apple Slices 1/2 cup Milk 1 each <i>773 mg Sodium</i>
30	Lemon Pepper Chicken 1 piece Whipped Potatoes 1/2 cup Spinach 1/2 cup  <i>949 mg Sodium</i>	<div style="display: flex; align-items: center;">  <div style="margin-left: 20px;"> <p>WHY SHOULD I EAT BREAKFAST?</p> <ul style="list-style-type: none"> • A good breakfast gives your brain the fuel it needs to function and focus on important daily tasks. • Skipping breakfast can make you feel tired, restless, or irritable. Someone who skips breakfast is likely to get famished before lunchtime. • People who eat breakfast tend to eat healthier overall and are more likely to participate in physical activities. </div> </div>							