

APRIL 2023

ADSS NUTRITION PROGRAM SPRING MENU

Spring FY23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p><u>Menu 1</u> BBQ Chicken – milk, soy Bun – wheat, soy Creamed Corn – wheat, milk soy Margarine – milk, soy</p>	<p>4</p> <p><u>Menu 2</u> Bun – wheat, soy Steamed Cabbage - milk, soy Capri Blend Vegetables – milk, soy Butterscotch Pudding – milk, soy Mayonnaise - egg, soy</p>	<p>5</p> <p><u>Menu 3</u> Lemon Pepper Chicken – milk, soy Cheese Grits – milk, soy Collard Greens – milk, soy Cornbread – wheat, milk, egg, soy Brownie - wheat, milk, soy, egg Margarine – milk, soy</p>	<p>6</p> <p><u>Theme Menu</u> Scalloped Potatoes – milk, soy Dinner Roll – wheat, soy Iced Carrot Cake - wheat, milk, soy, egg, nut Margarine – milk, soy</p>	<p>7</p> <p style="text-align: center;">Good Friday</p>
<p>10</p> <p><u>Menu 6</u> Jambalaya - milk, soy Navy Beans – wheat, soy Crackers (2 pkgs) – wheat, soy Margarine – milk, soy</p>	<p>11</p> <p><u>Menu 7</u> Hamburger Steak/OnionGravy - milk, soy Cheesy Mashed Potatoes – milk, soy Wheat Bread – wheat, soy Yellow Cake - wheat, milk, soy, egg, Margarine – milk, soy</p>	<p>12</p> <p><u>Menu 8</u> Pork Loin/Cranberry Gravy – milk, soy Mashed Sweet Potatoes - milk, soy Cornbread – wheat, milk, egg, soy Vanilla Pudding – milk, soy Margarine – milk, soy</p>	<p>13</p> <p><u>Menu 9</u> Italian Chicken Pasta Salad – wheat, milk, soy Dinner Roll – wheat, soy Cherry Cookie – wheat, soy Italian Dressing - soy Ranch Dressing –soy, milk, egg</p>	<p>14</p> <p><u>Menu 10</u> Bun – wheat, soy Coleslaw - egg, soy Fruit Pie or Pastry – wheat, milk, soy, egg Mayonnaise - egg, soy</p>
<p>17</p> <p><u>Menu 11</u> Mexican Cheesy Beef Bake - wheat, milk, soy Flour Tortilla - wheat Margarine – milk, soy</p>	<p>18</p> <p><u>Menu 12</u> Chicken Alfredo - wheat, milk, soy Wheat Bread – wheat, soy Apple Spice Cookie – wheat, soy Margarine – milk, soy Italian Dressing - soy Ranch Dressing –soy, milk, egg</p>	<p>19</p> <p><u>Menu 13</u> Broiled Beef Patty - soy Bun – wheat, soy Potato Salad - egg, soy Fruit Pie or Pastry – wheat, milk, soy, egg Mayonnaise - egg, soy</p>	<p>20</p> <p><u>Menu 14</u> Chicken Breast/Bell Pepper Poultry Gravy – milk, soy Parslied Mashed Potatoes – milk, soy Cabbage/Collard Greens – milk, soy Cornbread – wheat, milk, egg, soy Chocolate Pudding – milk, soy Margarine – milk, soy</p>	<p>21</p> <p><u>Menu 15</u> Bun – wheat, soy Butter beans – wheat, soy Glazed Carrots – milk, soy Red Velvet Cake - wheat, milk, soy, egg, Margarine – milk, soy</p>
<p>24</p> <p style="text-align: center;">State Holiday</p>	<p>25</p> <p><u>Menu 17</u> BBQ Pork Riblet - soy Mashed Potato – milk, soy Okra and Tomato – milk, soy Dinner Roll – wheat, soy Sponge Cake - wheat, milk, soy, egg, Margarine – milk, soy</p>	<p>26</p> <p><u>Menu 18</u> Seasoned Ground Beef – wheat, soy Shredded Cheese - milk Sour Cream - milk Mild Taco Sauce - soy</p>	<p>27</p> <p><u>Menu 19</u> Mac and Cheese – wheat, milk, soy Blackeye Peas - milk, soy Turnip Greens w/Roots – milk, soy Cornbread – wheat, milk, egg, soy Fig Bar - wheat, milk, soy, egg Margarine – milk, soy</p>	<p>28</p> <p><u>Menu 20</u> Sliced Roast Beef Sliced Cheese – milk, soy Three Bean Salad - soy Wheat Bread (2 sl.) – wheat, soy Banana Pudding – milk, soy Mayonnaise - egg, soy</p>

Milk is served with every meal. Allergen in milk is milk

MAY 2023

ADSS NUTRITION PROGRAM SPRING MENU

Spring FY23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <u>Menu 1</u> BBQ Chicken – milk, soy Bun – wheat, soy Creamed Corn – wheat, milk soy Margarine – milk, soy	2 <u>Menu 2</u> Bun – wheat, soy Steamed Cabbage - milk, soy Capri Blend Vegetables – milk, soy Butterscotch Pudding – milk, soy Mayonnaise - egg, soy	3 <u>Menu 3</u> Lemon Pepper Chicken – milk, soy Cheese Grits – milk, soy Collard Greens – milk, soy Cornbread – wheat, milk, egg, soy Brownie - wheat, milk, soy, egg Margarine – milk, soy	4 <u>Menu 4</u> Meatloaf – milk, soy Mashed Potatoes – milk, soy Wheat Bread - wheat, soy Chocolate Cake - wheat, milk, soy, egg, Margarine – milk, soy	5 <u>Menu 5</u> Spaghetti/ Meat Sauce - wheat, soy Italian Bread - wheat, soy Lemon Cookie - wheat Margarine – milk, soy Italian Dressing - soy Ranch Dressing –soy, milk, egg
8 <u>Menu 6</u> Jambalaya - milk, soy Navy Beans – wheat, soy Crackers (2 pkgs) – wheat, soy Margarine – milk, soy	9 <u>Menu 7</u> Hamburger Steak/OnionGravy - milk, soy Cheesy Mashed Potatoes – milk, soy Wheat Bread – wheat, soy Yellow Cake - wheat, milk, soy, egg, Margarine – milk, soy	10 <u>Menu 8</u> Pork Loin/Cranberry Gravy – milk, soy Mashed Sweet Potatoes - milk, soy Cornbread – wheat, milk, egg, soy Vanilla Pudding – milk, soy Margarine – milk, soy	11 <u>Menu 9</u> Italian Chicken Pasta Salad – wheat, milk, soy Dinner Roll – wheat, soy Cherry Cookie – wheat, soy Italian Dressing - soy Ranch Dressing –soy, milk, egg	12 <u>Menu 10</u> Bun – wheat, soy Coleslaw - egg, soy Fruit Pie or Pastry – wheat, milk, soy, egg Mayonnaise - egg, soy
15 <u>Menu 11</u> Mexican Cheesy Beef Bake - wheat, milk, soy Flour Tortilla - wheat Margarine – milk, soy	16 <u>Menu 12</u> Chicken Alfredo - wheat, milk, soy Wheat Bread – wheat, soy Apple Spice Cookie – wheat, soy Margarine – milk, soy Italian Dressing - soy Ranch Dressing –soy, milk, egg	17 <u>Menu 13</u> Broiled Beef Patty - soy Bun – wheat, soy Potato Salad - egg, soy Fruit Pie or Pastry – wheat, milk, soy, egg Mayonnaise - egg, soy	18 <u>Menu 14</u> Chicken Breast/Bell Pepper Poultry Gravy – milk, soy Parslied Mashed Potatoes – milk, soy Cabbage/Collard Greens – milk, soy Cornbread – wheat, milk, egg, soy Chocolate Pudding – milk, soy Margarine – milk, soy	19 <u>Menu 15</u> Bun – wheat, soy Butter beans – wheat, soy Glazed Carrots – milk, soy Red Velvet Cake - wheat, milk, soy, egg, Margarine – milk, soy
22 <u>Menu 16</u> Sweet and Sour Meatballs - wheat, milk, soy, egg Asian Style Rice –soy, milk, egg Asain Vegetable Blend- milk, soy Wheat Bread - wheat, soy Soy Sauce – wheat, soy	23 <u>Menu 17</u> BBQ Pork Riblet - soy Mashed Potato – milk, soy Okra and Tomato – milk, soy Dinner Roll – wheat, soy Sponge Cake - wheat, milk, soy, egg, Margarine – milk, soy	24 <u>Menu 18</u> Seasoned Ground Beef – wheat, soy Shredded Cheese - milk Sour Cream - milk Mild Taco Sauce - soy	25 <u>Menu 19</u> Mac and Cheese – wheat, milk, soy Blackeye Peas - milk, soy Turnip Greens w/Roots – milk, soy Cornbread – wheat, milk, egg, soy Fig Bar - wheat, milk, soy, egg Margarine – milk, soy	26 Theme Menu BBQ Chicken - milk, soy Potato Chips - soy Texas Bread - wheat, soy Banana Pudding – milk, soy Margarine – milk, soy Italian Dressing - soy Ranch Dressing –soy, milk, egg
29 Memorial Day	30 <u>Menu 2</u> Bun – wheat, soy Steamed Cabbage - milk, soy Capri Blend Vegetables – milk, soy Butterscotch Pudding – milk, soy Mayonnaise - egg, soy	31 <u>Menu 3</u> Lemon Pepper Chicken – milk, soy Cheese Grits – milk, soy Collard Greens – milk, soy Cornbread – wheat, milk, egg, soy Brownie - wheat, milk, soy, egg Margarine – milk, soy		

Milk is served with every meal. Allergen in milk is milk

JUNE 2023

ADSS NUTRITION PROGRAM SPRING MENU

Spring FY23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <u>Menu 4</u> Meatloaf – milk, soy Mashed Potatoes – milk, soy Wheat Bread - wheat, soy Chocolate Cake - wheat, milk, soy, egg, Margarine – milk, soy	2 <u>Menu 5</u> Spaghetti/ Meat Sauce - wheat, soy Italian Bread - wheat, soy Lemon Cookie - wheat Margarine – milk, soy Italian Dressing - soy Ranch Dressing –soy, milk, egg
5 State Holiday	6 <u>Menu 7</u> Hamburger Steak/OnionGravy - milk, soy Cheesy Mashed Potatoes – milk, soy Wheat Bread – wheat, soy Yellow Cake - wheat, milk, soy, egg, Margarine – milk, soy	7 <u>Menu 8</u> Pork Loin/Cranberry Gravy – milk, soy Mashed Sweet Potatoes - milk, soy Cornbread – wheat, milk, egg, soy Vanilla Pudding – milk, soy Margarine – milk, soy	8 <u>Menu 9</u> Italian Chicken Pasta Salad – wheat, milk, soy Dinner Roll – wheat, soy Cherry Cookie – wheat, soy Italian Dressing - soy Ranch Dressing –soy, milk, egg	9 <u>Menu 10</u> Bun – wheat, soy Coleslaw - egg, soy Fruit Pie or Pastry – wheat, milk, soy, egg Mayonnaise - egg, soy
12 <u>Menu 11</u> Mexican Cheesy Beef Bake - wheat, milk, soy Flour Tortilla - wheat Margarine – milk, soy	13 <u>Menu 12</u> Chicken Alfredo - wheat, milk, soy Wheat Bread – wheat, soy Apple Spice Cookie – wheat, soy Margarine – milk, soy Italian Dressing - soy Ranch Dressing –soy, milk, egg	14 <u>Menu 13</u> Broiled Beef Patty - soy Bun – wheat, soy Potato Salad - egg, soy Fruit Pie or Pastry – wheat, milk, soy, egg Mayonnaise - egg, soy	15 <u>Menu 14</u> Chicken Breast/Bell Pepper Poultry Gravy – milk, soy Parslied Mashed Potatoes – milk, soy Cabbage/Collard Greens – milk, soy Cornbread – wheat, milk, egg, soy Chocolate Pudding – milk, soy Margarine – milk, soy	16 <u>Menu 15</u> Bun – wheat, soy Butter beans – wheat, soy Glazed Carrots – milk, soy Red Velvet Cake - wheat, milk, soy, egg, Margarine – milk, soy
19 State Holiday	20 <u>Menu 17</u> BBQ Pork Riblet - soy Mashed Potato – milk, soy Okra and Tomato – milk, soy Dinner Roll – wheat, soy Sponge Cake - wheat, milk, soy, egg, Margarine – milk, soy	21 <u>Menu 18</u> Seasoned Ground Beef – wheat, soy Shredded Cheese - milk Sour Cream - milk Mild Taco Sauce - soy	22 <u>Menu 19</u> Mac and Cheese – wheat, milk, soy Blackeye Peas - milk, soy Turnip Greens w/Roots – milk, soy Cornbread – wheat, milk, egg, soy Fig Bar - wheat, milk, soy, egg Margarine – milk, soy	23 <u>Menu 20</u> Sliced Roast Beef Sliced Cheese – milk, soy Three Bean Salad - soy Wheat Bread (2 sl.) – wheat, soy Banana Pudding – milk, soy Mayonnaise - egg, soy
26 <u>Menu 1</u> BBQ Chicken – milk, soy Bun – wheat, soy Creamed Corn – wheat, milk soy Margarine – milk, soy	27 <u>Menu 2</u> Bun – wheat, soy Steamed Cabbage - milk, soy Capri Blend Vegetables – milk, soy Butterscotch Pudding – milk, soy Mayonnaise - egg, soy	28 <u>Menu 3</u> Lemon Pepper Chicken – milk, soy Cheese Grits – milk, soy Collard Greens – milk, soy Cornbread – wheat, milk, egg, soy Brownie - wheat, milk, soy, egg Margarine – milk, soy	29 <u>Menu 4</u> Meatloaf – milk, soy Mashed Potatoes – milk, soy Wheat Bread - wheat, soy Chocolate Cake - wheat, milk, soy, egg, Margarine – milk, soy	30 <u>Menu 5</u> Spaghetti/ Meat Sauce - wheat, soy Italian Bread - wheat, soy Lemon Cookie - wheat Margarine – milk, soy Italian Dressing - soy Ranch Dressing –soy, milk, egg

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