
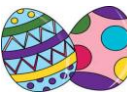








# April Menu 2019

Site: Rapid City



<b>#72D</b> <b>1</b> BBQ Chicken 1CS Baked Potato w/Sour Cream 1CS Glazed Carrots 1/2CS Orange 1CS Bread 1CS 	<b>#10</b> <b>2</b> Chicken Fried Steak 1CS Mashed Potatoes w/Gravy 1CS Green Beans Apricots 1CS Bread 1CS	<b>#31A</b> <b>3</b> Mexican Chicken Soup w/ Cheese 1CS Unsalted Crackers 1CS Orange Juice 1CS Seasonal Fruit 1CS 	<b>#12E</b> <b>4</b> Swiss Steak w/onions & tomatoes Mashed Potatoes 1CS Seasoned Spinach Jello w/topping Pears 1CS Bread 1CS	<b>2-#12</b> <b>5</b> Oven Omelet 1CS Pasta Veggie Salad 1 1/2CS LS Tomato Juice Med. Banana 2CS Bread 1CS 
<b>#75A</b> <b>8</b> Baked Chicken 1/2CS Baked Sweet Potato 1/2CS Green Beans Tomato Spoon Salad 1/2CS Pears 1 CS Bread 1CS	<b>#25-1A HAPPY BIRTHDAY</b> <b>9</b> Taco Salad w/Meat & Beans 2CS Unsalted Crackers 1CS Pineapple Upside-Down Cake 2CS SF Vanilla Ice Cream 1CS 	<b>3 #15</b> <b>10</b> Parmesan Chicken Scalloped Potatoes 2CS Brussel Sprouts Fruit Cocktail 1CS Bread 1CS 	<b>#5-1A</b> <b>11</b> Hungarian Goulash 3CS Parsley Carrots 1/2CS Cooked Cabbage Mandarin Oranges 1CS Bread 1CS	<b>#C1-2A</b> <b>12</b> Cream of Potato Soup 1 1/2CS Egg Salad Sandwich 2CS Cucumber Slices Orange 1CS 
<b>#66A</b> <b>15</b> Sloppy Joe on a WW Bun 2CS Potato Wedges 1CS Cooked Baby Carrots 1/2CS Pears 1 CS 	<b>#1-17</b> <b>16</b> Turkey & Dressing 2CS Mashed Potatoes w/Gravy 1CS Brussel Sprouts Cranberry Sauce 1CS	<b>#57C</b> <b>17</b> Beef Stroganoff 2CS Peas & Carrots 1/2CS Coleslaw 1/2CS Orange 1CS Bread 1CS 	<b>#9</b> <b>18</b> Autumn Chicken 1CS Baked Sweet Potato 1 1/2CS Harvest Beets 1CS Tossed Salad Mandarin Oranges 1CS Bread 1CS 	<b>C #63B</b> <b>19</b> Scrambled Eggs w/Cheese Creamed Potatoes 1CS Glazed Carrots 1/2CS Strawberries 1CS SF Vanilla Ice Cream 1CS Bread 1CS
<b># EASTER DINNER</b> <b>22</b> LS Ham Sweet Potatoes 1/2CS Creamed Peas 1CS Orange Juice 1CS Dinner Roll 1CS 	<b>1#6</b> <b>23</b> Chicken Pot Pie w/Biscuit 2CS Broccoli Peaches 1CS Cookie 1CS 	<b>#4</b> <b>24</b> Spanish Rice w/Hamburger 3CS Season Spinach Grape Juice 1CS Mandarin Oranges 1CS Bread 1CS	<b>#21-2</b> <b>25</b> Hawaiian Chicken Salad 1CS Potato Salad 1 1/2CS Baby Carrots 1/2CS Banana 1CS Bread 1CS 	<b>#65</b> <b>26</b> BBQ Beef on a bun 2 1/2CS Potato Wedges 1CS California Blend Veg Tomato Slices on Lettuce Apricots 1CS
<b>#3-1A</b> <b>29</b> Swedish Meatballs 1CS Parslied Potatoes 1CS Baked Squash 1CS Tossed Salad w/Tomato Seasonal Fruit 1-2CS Bread 1CS	<b>#</b> <b>30</b> Chef's Choice 			

\*All meals include 8 oz. 1% milk (1 CS)

Choice of 1-2 bread / grain servings (1 – 2 CS)

Carb Servings = (CS) (1 = 15 grams Carbohydrate)

marked for diabetic diets

\*\*All canned fruit is in light syrup

\*\*Fat free dressing is served with salad

**\*\*\*MENU SUBJECT TO  
CHANGE WITHOUT NOTICE\*\*\***

**FOR RESERVATIONS OR CANCELLATION**

PLEASE CALL

THE MEALS PROGRAM OFFICE AT 394-6002

OR THE MAIN KITCHEN AT 343-8214

**24 HRS. IN ADVANCE**

**Please leave your name, where you eat and what day**