



# Colorado Springs School Lunch Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	April 26 Nacho Bar with Chicken Beef, or Bean Refried Beans Steamed Mexi Corn Grilled Cheese Sandwich Pea Salad w/ Bacon Meat Marinara & Bowtie	April 27 Buffalo Chicken Wings Peas and Carrots Home Made Chips Bacon Cheeseburgers Grilled Marinated Tofu Three cheese and Tomato Pizza	April 28 Beef and Broccoli Steamed Rice Vegetable Egg Rolls Cheese & Bean Quesadillas Pasta Salad Pulled Pork Sandwich BBQ Tempeh Sandwich	April 29 Roasted Vegetable Lasagna Garlic Bread Sticks Green Beans Black Bean Burgers Teriyaki Chicken Sandwich Italian Sausage Penne	April 30 Alfredo Chicken Pizza Tomato Broccoli Calzone Pepperoni Pizza Cheese Pizza Steamed Carrots Baked Ziti with Vegetables
	May 3 Coney Hot Dogs Corn on the Cob Curly fries Turkey Ranch Wrap or Fresh Vegetable Wraps Spiral Rigatoni with Vegetable Marinara	May 4 Pancakes And Syrup Strawberry yogurt Scrambled Eggs Hash Browns Bacon Cream of Wheat with Brown Sugar	May 5 Baked Fish Sticks Steamed Green Beans Red Beans and Rice Turkey Ciabatta Melts Sweet Corn Nuggets Tomato and Onion Calzone	May 6 Country Beef Fritters Garlic Mashed Potato w/Country Gravy Steamed Broccoli Grilled Cheese Sandwich Broccoli and Grape Salad Sweet Potato Chips	May 7 Caramelized Onion and Mushroom Pizza Sausage Calzone Pepperoni Pizza Cheese Pizza Steamed Carrots Mac and Cheese
WEEK 3	May 10 Beef or Tempeh Enchiladas Refried Beans Spanish rice Cheese Burger Tortilla Chips & Cheese Cheese Calzone	May 11 Baked Chicken Tenders Steamed Broccoli Roasted Vegetable Pita Steak Fries Cheese Ravioli with Marinara Cole Slaw Salad	March 12 Swedish Meatballs Buttered Egg Noodles Green Beans Italian Sausage Hoagies Macaroni Salad Vegetable Calzone	May 13 Chicken Alfredo Steamed Peas Buttered Spaghetti Turkey Bacon Ciabatta Marinated Tofu Ciabatta Baked Potato Wedges	May 14 Beef Taco Pizza Portabella Calzone Pepperoni Pizza Cheese Pizza Steamed Corn Baked Penne with Marinara
	May 17 Beef & Bean Frito Pie Steamed Rice Buttered Green Beans Chicken Caesar Wraps Tempeh Patty Melts Sweet Corn Nuggets Cheddar Mac and Cheese	May 18 Meatloaf & Potatoes Steamed Corn Curry Stuffed Peppers Buffalo Chicken Wraps Potato Salad Vegetable Marinara with Pasta	May 19 Baked Potato Bar Beef Chile Con Carne Buttered Carrots Breaded Chicken Sandwich Vegetable Pizza Pasta Salad	May 20 French Toast and Syrup Strawberry Yogurt Scrambled Eggs Sausage Patties Tater Barrels Cream of Wheat	May 21 BBQ Chicken Pizza Spring Vegetable Calzone Pepperoni Pizza Cheese Pizza Steamed Green Beans Meat Marinara with Rigatoni
WEEK 4					

### Salad And Toppings Bar

A seasonal blend of fresh greens will be the foundation of our salad offerings accompanied by an assortment of raw vegetables, olives, beans, cottage cheese, eggs, and dressings. Topped off with croutons

### Daily Sandwich Selection

A daily selection of oven roasted turkey breast, smoked ham, sliced cheese sandwiches will be available. Sandwiches can be customized at the Salad bar