

GIRLS ATHLETIC LEADERSHIP SCHOOL (GALS) LAS VEGAS



Breakfast Menu

April 2021

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------------------------------|---|------------------------------|---------------------------------|-------------------------------|---|
| 29 Coffee Cake | 30 Pan Dulce | 31 Cereal Variety Whole Grain Granola | 1 Apple Empanada | 2 Chicken & Waffle Syrup | 3 Waffle Bites | 4 Cereal Variety Whole Grain Bites |
| 5 Cranberry Oatmeal Round | 6 Apple Cinnamon Muffin Flat | 7 Cereal Variety Whole Grain Granola | 8 Mini Wowbutter Sandwich | 9 Mini French Toast Bites | 10 Whole Grain Muffin | 11 Cereal Variety Whole Grain Bites |
| 12 Mantecada Sweet Bread | 13 Pancake & Chicken Sausage | 14 Cereal Variety Whole Grain Bites | 15 Pan Dulce | 16 Waffle Bites | 17 Cranberry Oatmeal Round | 18 Cereal Variety Whole Grain Granola |
| 19 Yogurt Parfait w/ Berries Granola | 20 Confetti Pancakes | 21 Cereal Variety Whole Grain Bites | 22 Strawberry Muffin | 23 Cheese Breakfast Tamale | 24 Apple Empanada | 25 Cereal Variety Whole Grain Granola |
| 26 Coffee Cake | 27 Pineapple Empanada | 28 Cereal Variety Whole Grain Granola | 29 Pan Dulce | 30 Chicken & Waffle Syrup | 1 Waffle Bites | 2 Cereal Variety Whole Grain Bites |

MENU SUBJECT TO CHANGE WITHOUT NOTICE

This institution is an equal opportunity provider.

All grain items offered are Whole Grain Rich.

All entrées served with whole fruit, fruit cup or 100% fruit juice and offered with choice of 1% milk or fat free milk.

Lunch Menu



April 2021

| MEAL 1 | MEAL 2 | MEAL 3 | MEAL 4 | MEAL 5 | MEAL 6 | MEAL 7 |
|--------|---------|-----------|----------|--------|----------|--------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| | | | | | | |

Entrée of the Day

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|---|--|---|---|--|----|----|
| 29 Hot Dog Oven Baked Fries Ketchup | 30 Albondigas Soup (Mexican Meatball Soup) Tortilla Chips | 31 Chicken Parmesan Pasta w/ Marinara Sauce | 1 Chicken Burrito Bowl w/ Brown Rice, Beans & Corn | 2 Mac & Cheese Baby Carrots | 3 | 4 |
| new 5 Beef Meatloaf w/ Mashed Potatoes Dinner Roll | 6 Grilled Chicken Sandwich Oven Baked Fries Ketchup | 7 Cheese Lasagna w/ Marinara Sauce Whole Grain Dessert | 8 <i>Breakfast 4 Lunch</i> French Toast Sticks, Chicken Sausage & Potato Wedges Syrup | 9 Grilled Cheese Sandwich Side of Steamed Broccoli Ranch Packet | 10 | 11 |
| 12 Hamburger Oven Baked Fries Ketchup | 13 Bean & Cheese Pupusa Refried Beans *Strawberry Milk Available* | 14 Sweet & Sour Chicken Brown Rice & Broccoli | new 15 Chicken Ramen Soup w/ Noodles & Vegetables | 16 Bean & Cheese Burrito Salsa Cup | 17 | 18 |
| 19 Aloha Chicken Burger *Contains Pork* Oven Baked Fries Ketchup | 20 Beef & Bean Nachos Tortilla Chips | 21 Baked Ziti w/ Meat Sauce | 22 Chicken Tamale Mixed Vegetables (Jada Spices) | 23 Mac & Cheese Side of Steamed Broccoli Dinner Roll | 24 | 25 |
| 26 Turkey Chili w/ Beans Corn Muffin | 27 Chicken Nuggets Peas & Carrots *Strawberry Milk Available* | 28 Cheeseburger Oven Baked Fries Ketchup | 29 Chicken Alfredo w/ Broccoli | 30 Chicken Enchiladas w/ Green Salsa | 1 | 2 |

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