

# April 2019



## Grafton, 500 Calorie Dinner

### Lunch

Students may choose one main entree or a second entree if entitled to a second meal.

Alternative menus for special dietary needs are available.

Fresh fruit is available all day.

Fat free, 1/2% white, and fat-free chocolate milk available.

If you have special requests or concerns, please ask your server or see contact information below.

**Laura Grace**  
540-955-2400 x7260

**Brian Lowder**  
540-955-2400 x7360

**Sunday**

**31**

**Dinner:**

Herbed Chicken Breast  
Sweet Potato  
Roasted Brussels Sprouts  
Whole Fresh Fruit

Skim Milk (1 Only)

**Monday**

**1**

**Dinner:**

Chickern Biscuit Sandwich  
Whole Fresh Fruit

Skim Milk (1 Only)

**Tuesday**

**2**

**Dinner:**

Chili  
Broccoli  
Side Salad & Dressing

Skim Milk (1 Only)

**Wednesday**

**3**

**Dinner:**

BBQ Chicken Panini  
Roasted Carrots  
Sliced Apples

Skim Milk (1 Only)

**Thursday**

**4**

**Dinner:**

Lasagna  
Garlic Bread  
Green Beans

Skim Milk (1 Only)

**Friday**

**5**

**Dinner:**

Cheese Pizza  
Massaged Kale Salad  
Whole Fresh Fruit

Skim Milk (1 Only)

**Saturday**

**6**

**Dinner:**

Chicken Caesar Salad  
Whole Fresh Fruit

Skim Milk (1 Only)

**7**

**Dinner:**

Pork Chops  
Sautéed Green Beans  
Side Salad & Dressing  
Whole Fresh Fruit

Skim Milk (1 Only)

**8**

**Dinner:**

Grilled Chicken Breast  
Roasted Vegetables  
Whole Fresh Fruit  
Side Salad & Dressing

Skim Milk (1 Only)

**9**

**Dinner:**

Stuffed Turkey Burger  
Cauliflower Poppers  
Side Salad

Skim Milk (1 Only)

**10**

**Dinner:**

BBQ Beef Brisket  
Roasted Potatoes  
Roasted Asparagus

Skim Milk (1 Only)

**11**

**Dinner:**

Cheese Pizza  
Side Salad & Dressing  
Whole Fresh Fruit

Skim Milk (1 Only)

**12**

**Dinner:**

1 Protein  
2 Veggies  
2 Starches

Skim Milk (1 Only)

**13**

**Dinner:**

Grilled Chicken Breast  
Mashed Potatoes & Gravy  
Mustard Greens w/Vinegar  
Side Salad & Dressing

Skim Milk (1 Only)

**14**

**Dinner:**

Baked Potato Bar  
Corn  
Side Salad & Dressing  
Whole Fresh Fruit

Skim Milk (1 Only)

**15**

**Dinner:**

Baked Tilapia  
Creamed Spinach  
Baked Potato  
Side Salad & Dressing

Skim Milk (1 Only)

**16**

**Dinner:**

Beef Taco  
Whole Fresh Fruit

Skim Milk (1 Only)

**17**

**Dinner:**

Buffalo Chicken Wrap  
Carrot & Celery Sticks  
Whole Fresh Fruit

Skim Milk (1 Only)

**18**

**Dinner:**

Italian Sausage (No Bun)  
Chef's Fresh Vegetables  
Whole Fresh Fruit

Skim Milk (1 Only)

**19**

**Dinner:**

Baked Tilapia  
Brown Rice  
California Blend  
Side Salad & Dressing

Skim Milk (1 Only)

**20**

**Dinner:**

Pasta Meatballs  
California Blend  
Side Salad & Dressing

Skim Milk (1 Only)

**21**

**Dinner:**

Tomato Mozzarella Flatbread  
Green Beans  
Side Salad & Dressing  
Whole Fresh Fruit

Skim Milk (1 Only)

**22**

**Dinner:**

Shepherd's Pie  
Roasted Vegetables

Skim Milk (1 Only)

**23**

**Dinner:**

BBQ Chicken  
Roasted Garlic Broccoli  
Black Beans & Rice  
Whole Fresh Fruit

Skim Milk (1 Only)

**24**

**Dinner:**

Pork Loin  
Green Beans  
Side Salad & Dressing  
Whole Fresh Fruit

Skim Milk (1 Only)

**25**

**Dinner:**

Baked Tilapia  
Roasted Potatoes  
Broccoli  
Whole Fresh Fruit

Skim Milk (1 Only)

**26**

**Dinner:**

Veggie Burger (No Bun)  
Sweet Potato  
California Blend  
Side Salad & Dressing

Skim Milk (1 Only)

**27**

**Dinner:**

Honey Mustard Deli Wrap  
Baby Carrots  
Side Salad & Dressing  
Whole Fresh Fruit

Skim Milk (1 Only)

**28**

**Dinner:**

Garlic Pesto Chicken  
Roasted Carrots  
Side Salad & Dressing

Skim Milk (1 Only)

**29**

**Dinner:**

Dirty Rice  
Broccoli & Cauliflower  
Whole Fresh Fruit

Skim Milk (1 Only)

**30**

**Dinner:**

Marinated Pork (No Bun)  
Sweet Potato Fries  
Side Salad & Dressing

Skim Milk (1 Only)