

NAME: _____

TELEPHONE #: _____

APRIL 2026

Montgomery County

CONGREGATE

All rolls and pastas are whole grain unless otherwise stated. All meals served w/milk or yogurt. All juice is 100% fruit juice.



MONDAY




TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

		<p>1) HOT: BBQ Pulled Beef, Rice Pilaf, Baby Carrots, Cauliflower, BBQ Sauce Pkts, Sandwich Bun, Diced Peaches, Milk COLD: Macaroni Salad w/Grilled Chicken, Cauliflower, Collard Greens, Dinner Roll, Butter, Diced Peaches, Milk VEG: BBQ Vegan Beef, Rice Pilaf, Baby Carrots, Green Peas, BBQ Sauce Pkts, Sandwich Bun, Diced Peaches, Milk</p>	<p>2) HOT: Broiled Tilapia w/White Sauce, Whipped Sweet Potatoes, Sauteed Kale, Caesar Salad, Salad Dressing, WG Dinner Roll, Butter, Fruit Yogurt, Juice COLD: Roast Beef & Cheddar Cheese, Mustard & Mayo Pkts, Sliced Beets, Carrot/Raisin Salad, Potato Bun, Fruited Yogurt, Juice VEG: Vegan Meatballs w/Gravy, Whipped Sweet Potatoes, Sauteed Kale, Caesar Salad w/Dressing, Dinner Roll, Butter, Fruit Yogurt, Juice</p>	<p>3) HOT: Beef Hotdogs, Potato Wedges, Peas & Carrots, Cole Slaw, Hot Dog Bun, Ketchup, Mustard, Diced Onions, Relish, Orange, Milk COLD: Tuna Salad, Lettuce & Tomato, Marinated Tomatoes, Marinated Broccoli Salad, Potato Roll, Orange, Milk VEG: Plant Based Hotdogs, Potato Wedges, Peas & Carrots, Green Salad w/Dressing, Hot Dog Bun, Ketchup, Mustard, Diced Onions, Relish, Orange, Milk</p>
<p>6) HOT: Meat Lasagna, Sauteed Spinach, Mixed Vegetables, WG Roll, Butter, Orange, Milk COLD: Turkey Breast & Pepperjack Cheese Sandwich, Mustard, Mayo, Sliced Beets, Potato Salad, Milk, Orange VEG: Vegetarian Lasagna, Sauteed Kale w/Onions, Mixed Vegetables, WG Roll, Butter, Banana, Milk</p>	<p>7) HOT: Oven Fried Chicken Legs, Black-eyed Peas, Sauteed Kale, Glazed Carrots, Cornbread, Butter, Fruit Yogurt, Juice COLD: Dilled Egg Salad, WG Sandwich Bun, Lettuce & Tomato, Caesar Salad w/dressing, Coleslaw, Fruit Yogurt, Juice VEG: Veg Oven Chicken Breast, Black-eyed Peas, Glazed Carrots, Cornbread, Butter, Fruit Yogurt, Juice</p>	<p>8) HOT: Salmon Vegetable Chowder, Green Salad w/dressing Fruit Cocktail, WG Roll, Butter, Milk COLD: Chicken Salad on Pita Bread, Spinach Salad w/grapes & feta, Salad Dressing, Corn & Pepper Salad, Fruit Cocktail, Milk VEG: Bean & Vegetable Chowder, Green Salad w/Dressing, Dinner Roll, Butter, Fruit Cocktail, Milk</p>	<p>9) HOT: Salisbury Steak w/ Gravy, Mashed Potatoes, Cucumber & Onion Salad, Sauteed Mushrooms w/ Onions, Parker House Roll, Butter, Fruited Yogurt, Juice COLD: Herb Roasted Chicken Legs, Potato Salad, 3-Bean Salad, Parker House Roll, Butter, Fruited Yogurt, Juice VEG: Veggie, Cheese, & Lentil Stuffed Pepper, Mashed Potatoes, Cucumber & Onion Salad, Sauteed Mushrooms w/ onions, Parker House Roll, Butter, Fruited Yogurt, Juice</p>	<p>10) HOT: Chicken Marsala, Rice Pilaf, Broccoli, Succotash, Parker House Roll, Milk, Diced Peaches COLD: Baked Salmon Salad, Hard Boiled Egg, Arcadian Blend Green Salad, WW Pita, Milk, Diced Peaches VEG: Vegan Chicken Marsala, Rice Pilaf, Broccoli, Succotash, Parker House Roll, Milk, Diced Peaches</p>

<p>13) HOT: Terriyaki Chicken Legs, Brown Rice, Sauteed Kale w/ Tomato & Onion, Stir Fry Veggies, Cornbread, Butter, Milk, Apple COLD: Egg Salad Plate, Cous Cous Salad, Green Bean Salad, Cole Slaw, Cornbread, Butter, Milk, Apple VEG: Terriyaki Vegan Chick'n Breast, Ketchup, Brown Rice, Sauteed Kale w/ Tomato & Onion, Stir Fry Veggies, Cornbread, Butter, Milk, Apple</p>	<p>14) HOT: Shredded Beef Stew, Baby Baked Potatoes, Cole Slaw, Sliced Carrots. WW Bun, Fruited Yogurt, Juice COLD: Tuna Salad Stuffed Tomato, WW Pita, Potato Salad, Cucumber Salad, Sliced Beets, Yogurt, Juice VEG: Vegan_BBQ Pulled Beef, WG Bun, BQQ Sauce, Baby Baked Potatoes, Cole Slaw, Sliced Carrots. Yogurt, Juice</p>	<p>15) HOT: Chicken Parmesan, WG Spaghetti w/ Sauce, Italian Veggies, Marinated Broccoli Salad, Garlic Roll, Butter, Milk, Orange  COLD: Ham & Swiss, WW Bread, Lettuce & Tomato, Mustard & Mayo, 3-Bean Salad, Marinated Broccoli, Sliced Carrots, Milk, Orange VEG: Vegan Chick'n Parmesan, Spaghetti w/ Sauce, Italian Veggies, Marinated Broccoli, Garlic Roll, Milk, Orange ***BIRTHDAY CUPCAKES***</p>	<p>16) HOT: Beef Chill w/ Beans, Baby Potatoes, Green Salad, Cornbread, Butter, Fruited Yogurt. Juice COLD: Salmon Pasta Salad, Cucumber Salad, Sliced Beets, Cornbread, Butter, Fruited Yogurt, Juice VEG: Veggie & Bean Chilli, Baby Baked Potatoes, Green Salad w/dressing, Cornbread, Butter, Yogurt. Juice</p>	<p>17) HOT: Lemon Pepper Flounder w/ Penne Pasta & White Sauce, Sauteed Kale, Cauliflower, WG Roll, Butter, Milk, Pear COLD: Grilled Chicken Strips, BBQ Sauce, Caesar Salad w/dressing Carrot Raisin Salad, Cornbread, Butter, Milk. Pear VEG: Vegan Meat Balls w/ Penne Pasta & White Sauce, Sauteed Kale, Cauliflower, Caesar Salad w/Dressing, WG Roll, Butter, Milk, Pear</p>
<p>20) HOT: Beef Cheeseburger, Seasoned Potato Wedges, Cole Slaw, WG Bun, Ketchup, Relish, Onions, Mustard, Diced Peaches, Milk COLD: Turkey Breast & American Cheese, WW Bread, Mustard & Mayo, Lettuce & Tomato, Sliced Beets, Potato Salad, Diced Peaches, Milk VEG: Veggie Burger, Seasoned Potato Wedges, Cole Slaw, WG Bun, Ketchup, Relish, Onions, Mustard, Diced Peaches, Milk</p>	<p>21)  HOT: BBQ Pork Tenderloin, Rice Pilaf, Green Peas, Corn, Cornbread, Butter, Fruit Yogurt, Juice COLD: Dilled Egg Salad, WG Bun, Lettuce & Tomato, Caesar Salad w/dressing, Cole Slaw, Fruit Yogurt, Juice VEG: Vegan BBQ Chick'n Breast, Rice Pilaf, Green Peas, Corn, Fruit Yogurt, Juice</p>	<p>22) HOT: Shredded Beef Strogonoff, Buttered Egg Noodles, Spinach, Key Largo Veggies, Roll, Butter, Cinnamon Applesauce, Milk COLD: Seafood Pasta Salad, Carrot-Raisin Salad, 3-Bean Salad, Corn Bread, Butter, Cinnamon Applesauce, Milk VEG: Vegan Beef Strogonoff, Buttered Penne Pasta, Spinach, Key Largo Veggies, Roll, Butter, Cinnamon Applesauce, Milk</p>	<p>23) HOT: Chicken & Biscuit Casserole, Lima Peas, Pacific Mixed Veggies, Green Salad w/dressing, Fruited Yogurt, Juice  COLD: Bacon, Lettuce, & Tomato (BLT), WG Roll, Orzo Pasta Salad, Carrot-Raisin Salad, Mustard & Mayo, Fruited Yogurt, Juice VEG: Vegan Chick'n Casserole, Lima Beans, Pacific Mixed Veggies, Macaroni Salad, Fruited Yogurt, Juice</p>	<p>24) HOT: Blackened Flounder, Brown Rice Pilaf, Peas & Carrots, WG Roll, Butter, Whole Orange, Milk COLD: Pesto Chicken Salad, Lettuce & Tomato, Carrot-Raisin Salad, WG Dinner Roll, Butter, Banana, Milk VEG: Veggie Baked Penne w/Cheese, Brown Rice Pilaf, Peas & Carrots, WG Roll, Butter Banana, Milk</p>

<p style="text-align: center;">27)</p> <p>HOT: Meatloaf, Mashed Potatoes w/ Beef Gravy, Balsamic Glazed Carrots, Cucumber Salad, Cornbread, Butter, Milk, Apple</p> <p> COLD: Peas & Penne w/ Grilled Pork, Cucumber Salad, Marinated Broccoli, WG Roll, Butter, Apple, Milk</p> <p>VEG: Vegan Meatloaf, Mashed Potatoes w/ Mushroom Gravy, Balsamic Glazed Carrots, Cucumber Salad, Cornbread, Butter, Milk, Apple</p>	<p style="text-align: center;">28)</p> <p>HOT: Lemon-Parsley Fettucine Pasta w/ Grilled Chicken, Corn, California Veggies, WW Roll, Butter, Fruit Yogurt, Juice</p> <p>COLD: Roast Beef & Provolone, Mayo & Mustard, Lettuce & Tomato, Greek Potato Salad (No Mayo), 3-Bean Salad, Green Salad w/dressing, WG Bun, Fruit Yogurt, Fruit</p> <p>VEG: Lemon-Parsley Fettucine Pasta w/ Vegan Grilled Chick'n, Corn, Mixed Vegetables, Roll, Butter, Fruit Yogurt, Juice</p>	<p style="text-align: center;">29)</p> <p> HOT: Italian Sausage, Potato Wedges, Peas & Carrots, Green Salad w/Dressing, Hot Dog Roll, Ketchup, Mustard, Diced Onion, Relish, Orange, Milk</p> <p>COLD: Grilled Tuan Pasta Salad, Sliced Beets, Carrot-Raisin Salad, WG Dinner Roll, Butter, Orange, Milk</p> <p>VEG: Plant Based Sausage Potato Wedges, Peas & Carrot, Green Salad w/dressing, Hot Dog Roll, Ketchup, Mustard, Diced Onions, Relish, Orange, Milk</p>	<p style="text-align: center;">30)</p> <p>HOT: BBQ Drumsticks, Wild Rice Pilaf, Collard Greens, Corn, WG Roll, Butter, Fruit Yogurt, Juice</p> <p>COLD: Krab & Pasta Salad, 3-Bean Salad, Corn & Pepper Salad, Dinner Roll, Butter, Fruit Yogurt, Juice</p> <p>VEG: BBQ Lentils, Wild Rice Pilaf, Collard Greens, Corn, WG Roll, Butter, Fruit Yogurt, Juice</p>	
---	--	--	--	--

NUTRITION NOTE: BACK TO BASICS: REAL FOOD: Include both plant and animal products in your diet, staying away from ultra processed foods. Build healthy habits, make informed food choices. Drink more water and eat more fiber from fresh fruits and vegetables, whole grains.