

# APRIL

**Apr 7th - May 2nd**

Week #1: 7th - 11th

Week #2: 14th - 18th

Week #3: 21st - 25th

Week #4: 28th - 2nd

## Autism Center Food Court Menu

Choose **THREE OR MORE COLORS** for a complete meal. One must be **RED** or **GREEN**.



meat/meat  
alternative



grain



vegetable



fruit\*



milk

### Hot Entrees

Choose from several fruit and veggie choices daily

## BIG DADDY'S CHEESE



## Big Daddy's Pepperoni



## Buff-A-Burger

100% all beef burger  
w/american cheese



### Cold Entrees

Choose from several fruit and veggie choices daily



Sliced apples w/peanut butter, cheesestick,  
WGR tortilla chips and salsa \***Gluten Free**



**Grab a milk  
for all 5  
food**



## PEANUT BUTTER & JELLY



Students can choose 1% white **milk** -or- non-fat chocolate milk (1 cup eq)

\*All fruits are served as 1/2 cup servings. At least half of the fruits consumed per day should come from whole fruits (fresh, canned, frozen or dried). Students can choose up to TWO 1/2 cup servings of FRESH or cupped fruit and/or hot or cold vegetables every day

A **food component** is one of five food groups, in which a minimum of three needs to be selected to make a reimbursable meal. These are protein, grains, vegetables, fruit and fluid milk\*

A **food item** is a specific food offered within the food components, for example, 2 slices of whole grain-rich bread, 1 cup of grapes, and 1 cup of milk. This meal meets OVS lunch requirements because three food components are selected out of the five food items offered.

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email:  
[Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

This institution is an equal opportunity provider.



## What Makes A LUNCH

**SELECT 3-5 ITEMS:**



**GRAINS  
PROTEIN**



**VEGGIE**

**FRUIT**

**one must be a**

**FRUIT**

**or**

**VEGGIE**