LifeStream Hot Menu
April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	**2**	**3**	**4**	**5**
New! Chicken Calabacita (Chicken & Squash) Broccoli Flour Tortilla Fresh Fruit Milk Cal: 628 Sodium: 525	Spaghetti Bake Green Peas Tossed Salad Saltine Crackers Apple Cobbler Milk Salad Dressing Diet - Hot Apple Slices Cal: 737 Sodium: 791	Bacon & Cheese Egg Patty (2) Hashbrowns Cinnamon Raisin Oatmeal Fresh Fruit Milk Cal: 629 Sodium: 829	BBQ Chicken Breast Whipped Sweet Potatoes Green Beans Wheat Dinner Roll Nutty Buddy Bar Milk Margarine Cal: 559 Sodium: 882	Cheeseburger Baked Beans Glazed Carrots Hamburger Bun Chocolate Chip Cookie Milk Diet - Graham Crackers Cal: 905 Sodium: 1139
8	**9**	**10**	**11**	**12**
Smothered Meatballs Egg Noodles Mixed Vegetable Blend Hot Spiced Fruit Milk Cal: 652 Sodium: 718	Smoked Sausage w/Onions and Peppers Potato Wedges Broccoli Hot Dog Bun Strawberry Gelatin Milk Mustard | Ketchup Diet - SF Gelatin Cal: 856 Sodium: 1314	*New!* Jamaican Pork Parslied Rice Capri Vegetable Blend Wheat Dinner Roll Fresh Fruit Milk Margarine Cal: 653 Sodium: 513	Swiss Steak Whipped Potatoes Green Bean Amandine Whole Grain Bread Fresh Fruit Milk Margarine Cal: 653 Sodium: 606	Breaded Chicken Country Style Gravy Country Corn Carrots Wheat Dinner Roll Fudge Crème Cookie Milk Margarine Diet - Lorna Doone Cookies Cal: 734 Sodium: 1121
15	**16**	**17**	**18**	**19**
Chicken Gumbo Cajun Rice Succotash Saltine Crackers Fresh Fruit Milk Cal: 629 Sodium: 584	Meatloaf w/Brown Gravy Whipped Potatoes Broccoli Whole Grain Bread Rice Krispie Treat Milk Margarine Cal: 559 Sodium: 916	Rosemary Chicken Breast Lemon Rice Green Peas Carrots Chocolate Cake Milk Diet - Angel Food Cake Cal: 662 Sodium: 885	*New!* Egg Patty Florentine Parslied Potatoes Grits Fresh Fruit Milk Cal: 537 Sodium: 552	BBQ Pork Riblet Macaroni & Cheese Coleslaw Hamburger Bun Peach Cobbler Milk Diet - Hot Peaches Cal: 866 Sodium: 1215
22	**23**	**24**	**25**	**26**
New! Honey Mustard Chicken Potato Wedges Mixed Vegetable Blend Hamburger Bun Oatmeal Cookie Milk Diet - Vanilla Wafers Ketchup Cal: 808 Sodium: 976	Teriyaki Meatballs Parslied Rice Green Peas Japanese Vegetable Blend Milk Fortune Cookie Cal: 660 Sodium: 828	Sloppy Joe Baked Beans Parslied Carrots Hamburger Bun Fresh Fruit Milk Cal: 789 Sodium: 1013	Mozzarella Chicken Penne Pasta Tuscany Vegetable Blend Tossed Salad Rice Krispie Treat Milk Salad Dressing Cal: 671 Sodium: 992	Ham & White Beans Sweet Potatoes Green Beans w/Tomatoes Saltine Crackers Peanut Butter Pudding Milk Diet - SF Pudding Cal: 739 Sodium: 1147
29	**30**			
Cheese Omelet Hashbrowns Biscuit Hot Applesauce Milk Assorted Jelly Cal: 745 Sodium: 1245	Swedish Meatballs Egg Noodles Green Peas Carrots Fresh Fruit Milk Cal: 701 Sodium: 832			

TRIO Community Meals

Menus subject to change

Veronica Gober MS RDN LD
License # 37003515A

LifeStream Picnic Menu

April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	**2**	**3**	**4**	**5**
Crab Salad Macaroni Salad Tossed Salad Saltine Crackers Fresh Fruit Milk Ranch Dressing Cal: 561 Sodium: 1170	Sliced Turkey Breast Swiss Cheese Spinach Salad Marinated Tuscany Salad Whole Grain Bread (2) Apple Cobbler Milk Diet - Hot Apple Slices Cal: 689 Sodium: 1287	Chicken Caesar Salad Green Pea Salad Wheat Dinner Roll Fresh Fruit Milk Cal: 747 Sodium: 981	Grilled Chicken Strips Lettuce & Tomato Black Bean Barley Salad Flour Tortilla Nutty Buddy Bar Milk Ranch Salad Dressing Cal: 711 Sodium: 748	Dill Egg Salad Lettuce & Tomato Pasta Salad Whole Wheat Bread (2) Chocolate Chip Cookie Milk Diet - Graham Crackers Cal: 802 Sodium: 628
8	**9**	**10**	**11**	**12**
Sliced Turkey Breast Swiss Cheese Lettuce & Tomato Pasta Salad Hamburger Bun Hot Spiced Fruit Milk Cal: 729 Sodium: 942	Lemon Pepper Tuna Salad Mixed Fruit Marinated Zucchini Whole Wheat Bread (2) Strawberry Gelatin Milk Diet - SF Gelatin Cal: 620 Sodium: 750	Chicken Chef Salad Black Bean Barley Salad Saltine Crackers Fresh Fruit Milk Assorted Salad Dressing Cal: 732 Sodium: 516	Ham Salad Garbanzo Bean Pasta Salad Apple Juice Saltine Crackers Fresh Fruit Milk Cal: 640 Sodium: 1534	Honey Mustard Chicken Salad Coleslaw Marinated Carrots Saltine Crackers Fudge Crème Cookie Milk Diet - Lorna Doone Cookies Cal: 854 Sodium: 925
15	**16**	**17**	**18**	**19**
Pimento Cheese Lettuce & Tomato Marinated Tuscany Salad Whole Wheat Bread (2) Fresh Fruit Milk Cal: 651 Sodium: 867	Yogurt Dill Chicken Salad Cucumber & Tomato Salad Green Pea Salad Whole Grain Bread (2) Rice Krispie Treat Milk Cal: 630 Sodium: 774	Crab Salad Pasta Salad Tossed Salad Saltine Crackers Chocolate Cake Milk Ranch Dressing Diet - Angel Food Cake Cal: 654 Sodium: 1101	BBQ Chicken Salad Carrot Raisin Salad Saltine Crackers Fresh Fruit Milk Cal: 544 Sodium: 710	Salami/Turkey Breast Swiss Cheese Lettuce & Tomato California Vegetable Salad Whole Wheat Bread (2) Peach Cobbler Milk Diet - Hot Peaches Cal: 647 Sodium: 1209
22	**23**	**24**	**25**	**26**
Sliced Ham Swiss Cheese Lettuce & Tomato Carrot Raisin Salad Whole Grain Bread (2) Oatmeal Raisin Cookie Milk Diet - Vanilla Wafers Cal: 695 Sodium: 1403	Chicken Salad Pasta Salad Marinated Tuscany Salad Saltine Crackers Fortune Cookie Milk Cal: 613 Sodium: 654	Tuna Salad Tossed Salad Broccoli Raisin Salad Whole Wheat Bread (2) Fresh Fruit Milk Cal: 589 Sodium: 698	Chicken Chef Salad Garbanzo Bean Pasta Salad Saltine Crackers Rice Krispie Treat Milk Ranch Salad Dressing Cal: 537 Sodium: 683	Sliced Turkey Breast Provolone Cheese Lettuce & Tomato Potato Salad Hamburger Bun Peanut Butter Pudding Milk Diet - SF Chocolate Pudding Cal: 671 Sodium: 1415
29	**30**			
Grilled Chicken Strips Lettuce & Tomato Marinated Zucchini Black Bean Barley Salad Flour Tortilla Hot Applesauce Milk Ranch Salad Dressing Cal: 722 Sodium: 733	Ham & Chicken Chef Salad Fresh Fruit Saltine Crackers Fig Bar Cookie Milk Assorted Salad Dressing Diet - Graham Crackers Cal: 638 Sodium: 837			

TRIO Community Meals

Menus subject to change

Veronica Gober MS RDN LD
License # 37003515A