



April 2026



<https://cicoa.org/menu>

\*Menus are subject to change based on product availability.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cultural Meal Day</p> 		<p>1 Ginger BBQ Chicken Whipped Sweet Potatoes Collard Greens Wheat Bread Diced Pears Milk</p>	<p>2 Scrambled Eggs Pork Sausage Roasted Potatoes Wheat Bread Spiced Peaches Milk</p>	<p>3 Beef Stroganoff w/ Egg Noodles Green Beans Diced Carrots Wheat Roll Fresh Orange Milk</p>
<p>6 Grilled Hamburger Mac &amp; Cheese Festive Green Beans Diced Pears Wheat Bun Milk</p>	<p>7 Herb Crusted Hake Red Skinned Potatoes Broccoli Wheat Bread Tropical Fruit Milk</p>	<p>8 Braised Beef Over Egg Noodles Collard Greens Diced Carrots Wheat Roll Applesauce Milk</p>	<p>9 Beef Bourguignon Green Beans w/ Almonds Diced Pears Milk</p> 	<p>10 Swedish Meatballs Broccoli Diced Carrots Brown Rice Wheat Bread Mixed Fruit Milk</p>
<p>13 Oven Fried Chicken Whipped Sweet Potatoes Collard Greens Orange Juice Milk</p>	<p>14 Italian Bowtie Pasta w/Beef Broccoli w/Red Peppers Green Beans Mandarin Oranges Milk</p>	<p>15 Bagel w/Egg, Pork Sausage &amp; Cheese Sliced Apples Roasted Sweet Potatoes Milk</p>	<p>16 Turkey Ham &amp; Beans Beets Carrots Corn Bread Mixed Fruit Milk</p>	<p>17 Orange Chicken Rice Pilaf Broccoli Tropical Fruit Milk</p>
<p>20 Sliced Turkey over Southwest Pasta Broccoli Peas Chocolate Pudding Milk</p>	<p>21 Chicken Parmesan Parmesan Cheese Apples w/Cherries &amp; Almonds Roasted Potatoes Wheat Bread Diced Mangos Milk</p>	<p>22 Sloppy Joe WG Bun Roasted Sweet Potatoes Brussel Sprouts w/ Onion Diced Pineapple Milk</p>	<p>23 Teriyaki Chicken &amp; Noodles Stir Fry Veggies Fresh Orange Milk</p>	<p>24 Beef Stew Corn Turnip Greens Wheat Bread Diced Peaches Milk</p>
<p>27 Meatloaf w/Gravy Brussels sprouts Mashed Potatoes Mandarin Oranges Birthday Treat Milk</p>	<p>28 Indiana Style Chili Mac California Veggie Blend Applesauce Corn Bread Milk</p>	<p>29 Smoked Pork Sausage w/Peppers &amp; Onions Peas Roasted Potatoes Wheat Roll Strawberry Applesauce Milk</p>	<p>30 Chicken &amp; White Bean Chili Brussel Sprouts Corn Corn Bread Mixed Fruit Milk</p>	



Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Ginger BBQ Chicken 620 Calories 19 g Fat 11 g Fiber 419 mg Calcium 899 mg Sodium 91 g Carbohydrate</p>	<p>2 Scrambled Eggs 499 Calories 20 g Fat 4 g Fiber 374 mg Calcium 628 mg Sodium 56 g Carbohydrate</p>	<p>3 Beef Stroganoff 605 Calories 12 g Fat 10 g Fiber 561 mg Calcium 922 mg Sodium 88 g Carbohydrate</p>
<p>6 Grilled Hamburger 727 Calories 24 g Fat 7 g Fiber 586 mg Calcium 1031 mg Sodium 93 g Carbohydrate</p>	<p>7 Herb Crusted Hake 443 Calories 6 g Fat 6 g Fiber 397 mg Calcium 464 mg Sodium 71 g Carbohydrate</p>	<p>8 Braised Beef 569 Calories 19 g Fat 6 g Fiber 586 mg Calcium 674 mg Sodium 64 g Carbohydrate</p>	<p>9 Beef Bourguignon 488 Calories 6 g Fat 6 g Fiber 375 mg Calcium 838 mg Sodium 53 g Carbohydrate</p>	<p>10 Sweedish Meatballs 591 Calories 20 g Fat 10 g Fiber 439 mg Calcium 712 mg Sodium 81 g Carbohydrate</p>
<p>13 Oven Fried Chicken 569 Calories 22 g Fat 6 g Fiber 852 mg Calcium 747 mg Sodium 61 g Carbohydrate</p>	<p>14 Bowtie Pasta 579 Calories 19 g Fat 9 g Fiber 462 mg Calcium 573 mg Sodium 72 g Carbohydrate</p>	<p>15 Breakfast Bagel 696 Calories 30 g Fat 9 g Fiber 594 mg Calcium 749 mg Sodium 73 g Carbohydrate</p>	<p>16 Ham &amp; Beans 687 Calories 12 g Fat 17 g Fiber 481 mg Calcium 820 mg Sodium 112 g Carbohydrate</p>	<p>17 Orange Chicken 617 Calories 14 g Fat 6 g Fiber 350 mg Calcium 477 mg Sodium 88 g Carbohydrate</p>
<p>20 Turkey &amp; Pasta 526 Calories 8 g Fat 10 g Fiber 460 mg Calcium 775 mg Sodium 82 g Carbohydrate</p>	<p>21 Chicken Parmesan 591 Calories 18 g Fat 8 g Fiber 400 mg Calcium 687 mg Sodium 86 g Carbohydrate</p>	<p>22 Sloppy Joe 630 Calories 19 g Fat 12 g Fiber 439 mg Calcium 895 mg Sodium 92 g Carbohydrate</p>	<p>23 Teriyaki Stir-Fry 598 Calories 9 g Fat 7 g Fiber 400 mg Calcium 749 mg Sodium 95 g Carbohydrate</p>	<p>24 Beef Stew 522 Calories 10 g Fat 8 g Fiber 528 mg Calcium 710 mg Sodium 77 g Carbohydrate</p>
<p>27 Meatloaf 791 Calories 24 g Fat 7 g Fiber 407 mg Calcium 901 mg Sodium 96 g Carbohydrate</p>	<p>28 Indiana Chili Mac 660 Calories 23 g Fat 9 g Fiber 458 mg Calcium 658 mg Sodium 87 g Carbohydrate</p>	<p>29 Smoked Pork Sausage 577 Calories 21 g Fat 8 g Fiber 361 mg Calcium 913 mg Sodium 71 g Carbohydrate</p>	<p>30 White Chicken Chili 695 Calories 17 g Fat 11 g Fiber 521 mg Calcium 450 mg Sodium 100 g Carbohydrate</p>	

\*The nutrition information listed above is for the entire meal on the calendar