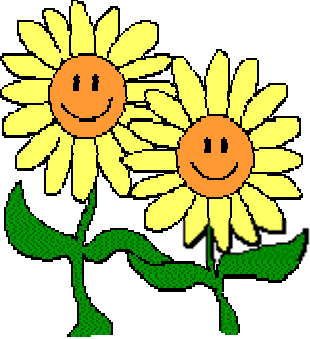




Monday	Tuesday	Wednesday	Thursday	Friday
2 Grilled Chicken Breast w/Sauce Cordon Bleu Broccoli Cut Corn Multi Grain Bread Pineapple Tidbits 1% Milk	3 Pot Roast w/Vegetable Gravy California Blend Mashed Potatoes Mixed Fruit 1% Milk	4 Grilled Chicken w/Salsa & Cheese Black Beans Diced Carrots Corn Muffin Mandarin Orange 1% Milk	5 Country Fried Steak w/Gravy Spinach Baked Potato Tropical Fruit Salad 1% Milk	6 Scrambled Eggs Sausage Link Hash Brown Potatoes Spiced Peaches Wheat Bread 1% Milk
9 Smoked Sausage w/Peppers & Onions Peas Mashed Potatoes Wheat Bread Strawberry Applesauce 1% Milk	10 Oven Fried - Chicken Thigh Diced Carrots Scalloped Potatoes Orange Juice 1% Milk	11 Sliced Turkey Over Southwest Pasta Peas Corn Pudding 1% Milk	12 Meatloaf w/Gravy Brussels Sprouts Mashed Potatoes Wheat Bread Fresh Orange Wedges 1% Milk	13 Vegetable Lasagna Diced Carrots Lima Beans Wheat Dinner Roll Pineapple 1% Milk
16 Spaghetti Marinara w/Meatballs Italian Green Beans California Blend Diced Peaches 1% Milk	17 *Volunteer Day* Sloppy Joe Roasted Sweet- Potatoes Brussels Sprouts w/Onions Whole Wheat Bun Mandarin Oranges 1% Milk	18 Shredded BBQ Beef Diced Carrots Great Northern Beans Whole Wheat Bun Mixed Fruit 1% Milk	19 Smothered Chicken Breast Wild Rice Pilaf Key West Vegetables Wheat Bread Diced Pineapples 1% Milk	20 Southwest Omelet w/Cheese & Salsa Shredded Wheat Hash Brown Mixed Fruit Cup 1% Milk
23 Indiana Style Chili Mac Mixed Vegetables Applesauce Corn Bread 1% Milk	24 Herb Marinated Chicken Key West Blend Baked Potato Wheat Bread Kale Salad 1% Milk	25 Chicken Breast w/Creamed Noodles Oriental Vegetables Corn Wheat Bread Mandarin Oranges 1% Milk	26 Pot Roast w/Gravy Broccoli Mashed Potatoes Wheat Bread Applesauce 1% Milk	27 Potato Pollock Tartar Sauce Corn Peas Wheat Bread Tropical Fruit 1% Milk
30 Lemon Peppered Seasoned Grilled Chicken Spinach Rosemary Potatoes Birthday Cake Wheat Bread 1% Milk	 <p><i>Volunteers Plant The Seeds of Kindness</i></p> <p><i>April 17th is Volunteer Appreciation Day</i></p>			

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https://cicoa.org/wp-content/uploads/current_nutrition_menu.pdf



Monday	Tuesday	Wednesday	Thursday	Friday
2 Grilled Chicken Breast 499 Calories 14 g Fat 5 g Fiber 371 mg Calcium 785 mg Sodium 64 g Carbohydrate	3 Pot Roast w/Veg Gravy 463 Calories 15 g Fat 4 g Fiber 343 mg Calcium 478 mg Sodium 53 g Carbohydrate	4 Grilled Chicken 703 Calories 20 g Fat 10 g Fiber 548 mg Calcium 885 mg Sodium 93 g Carbohydrate	5 Country Fried Steak 695 Calories 26 g Fat 10 g Fiber 509 mg Calcium 667 mg Sodium 92 g Carbohydrate	6 Scrambled Eggs 600 Calories 21 g Fat 4 g Fiber 402 mg Calcium 1012 mg Sodium 70 g Carbohydrate
9 Smoked Sausage 522 Calories 19 g Fat 6 g Fiber 328 mg Calcium 822 mg Sodium 65 g Carbohydrate	10 Oven Fried Chicken Thigh 670 Calories 35 g Fat 4 g Fiber 381 mg Calcium 1180 mg Sodium 52 g Carbohydrate	11 Sliced Turkey w/Pasta 574 Calories 9 g Fat 7 g Fiber 421 mg Calcium 779 mg Sodium 93 g Carbohydrate	12 Meatloaf w/Gravy 598 Calories 20 g Fat 10 g Fiber 428 mg Calcium 544 mg Sodium 77 g Carbohydrate	13 Vegetable Lasagna 632 Calories 11 g Fat 10 g Fiber 483 mg Calcium 1032 mg Sodium 97 g Carbohydrate
16 Spaghetti w/Meatballs 747 Calories 21 g Fat 12 g Fiber 494 mg Calcium 809 mg Sodium 103 g Carbohydrate	17 Turkey Veg Sloppy Joe 755 Calories 23 g Fat 14 g Fiber 486 mg Calcium 897 mg Sodium 112 g Carbohydrate	18 Shredded BBQ Beef 538 Calories 6 g Fat 16 g Fiber 425 mg Calcium 598 mg Sodium 84 g Carbohydrate	19 Smothered Chicken 528 Calories 11 g Fat 6 g Fiber 367 mg Calcium 981 mg Sodium 77 g Carbohydrate	20 Southwest Omelet 684 Calories 27 g Fat 8 g Fiber 582 mg Calcium 1109 mg Sodium 82 g Carbohydrate
23 Indiana Style Chili Mac 708 Calories 22 g Fat 7 g Fiber 425 mg Calcium 829 mg Sodium 100 g Carbohydrate	24 Herb Marinated Chicken 762 Calories 27 g Fat 10 g Fiber 442 mg Calcium 776 mg Sodium 98 g Carbohydrate	25 Chicken w/Noodles 569 Calories 13 g Fat 5 g Fiber 450 mg Calcium 828 mg Sodium 83 g Carbohydrate	26 Pot Roast w/Gravy 547 Calories 16 g Fat 7 g Fiber 352 mg Calcium 667 mg Sodium 69 g Carbohydrate	27 Potatoe Pollock 618 Calories 13 g Fat 8 g Fiber 314 mg Calcium 750 mg Sodium 100 g Carbohydrate
30 Grilled Chicken 802 Calories 28 g Fat 8 g Fiber 507 mg Calcium 1295 mg Sodium 105 g Carbohydrate	April 2018 Nutrition Analysis			

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