



AAFES CENTRAL OFFICE

Scheduled Menu Plans Calendar

April 2019 **Serving Period:** Lunch **Serving Line:** MAIN LINE **6311250200 HUMPHREY ES-CENTRAL**

Monday	Tuesday	Wednesday	Thursday	Friday
-1- Beef-Cheese Burger (Cheese-Opt) Breaded Chicken Burger Three Bean Chili Cheese w/Cornbread (V) Oven Baked Fries / 3-Bean Side Veg Burger Side Salad (Greens/Tom/Dills/Mayo) Peach/Grape Fruit Cup / Asst. Milk	-2- Lasagna Roll w/Meat Sauce Lasagna Roll w/Pizza Sauce (V) Chef Entree Salad (Sliced Ham/Egg/Chs) Garlic Baguette Cucumber-Tom Side Salad Seasoned Broccoli Florets Pineapple Tidbits / Asst. Milk	-3- Chicken & Fresh Veggie Pho/Noodles Cheese Breadsticks/Marinara (V) Chicken Salad Croissant Zesty Coleslaw Seasoned Green Peas Peach Smiles OR Peach Crisp Asst. Milk	-4- Chicken Tenders/ Dinner Roll Grilled Cheese Sandwich (V) Chkn Caesar Salad (Grld Chkn) Dinner Roll Mashed Potatoes/ Brown Gravy Carrot/Celery Dippers/ FF Ranch Drsg Cinnamon Applesauce & Granola Asst. Milk	-5-
-8-	-9-	-10-	-11-	-12-
-15- Beef-Cheese Burger (Cheese-Opt) Breaded Chicken Burger Three Bean Chili Cheese Nachos (V) Oven Baked Fries/ 3-Bean Side Veg Burger Side Salad (Green/Tom/Dills/Mayo) Peach/Fresh Grape Cup/ Asst. Milk	-16- Spicy Egg Bite on Bun (2) (V) OR Chicken Sausage on Slider Buns (2) Chef Entree Salad (Sliced Ham/Egg/Chs) Goldfish Crax / Deli-Roasters Garden Side Salad / Drsg (Opt.) Pineapple Tidbits / Asst. Milk	-17- Spaghetti & Meatsauce/ Garlic Baguette Spaghetti & Marinara(V)/ Garlic Baguette Chicken Salad Croissant Cucumber-Tom Sld/ Honey-Glazed Carrots Farm Fresh Fruit in Season Asst. Milk	-18- Chicken Tenders/Dinner Roll Cheese Breadsticks/Marinara Sc (V) Peanut Butter & Jelly Sandwich (V) Chkn Caesar (Grld Chkn) Salad/Dinner Roll Mashed Potatoes Caesar Side Salad/Vinaigrette Drsg Cinnamon Apple Slices & Apple Crisp Asst. Milk	-19- Fish Patty/Tartar Sc & Mac-Chs Side Macaroni & Cheesa Pasta (V) Chef Entree Salad (Sliced Ham/Egg/Chs) Dinner Roll Greens-Cherry Tomato Side Salad Seasoned Green Peas Harvest Fruit Cup / Asst. Milk
-22- Chicken Drumstick/ Garlic Baguette Mediterranean Chicken Wrap (Grld Chkn) Greek Entree Salad(V) Garlic Baguette Chopped Salad (Lettuce/Tomato) Confetti Rice Fresh Grapes Asst. Milk	-23- Chicken Alfredo Pasta (Pulled Ckn & Pasta) Broccoli-Cheese Soup/Goldfish Crax (V) Grilled Ham & Cheese Croissant Seasoned Green Beans Carrot/Celery Dippers/FF Ranch Dressing Rainbow Fruit Cup Asst. Milk	-24- Pepperoni Pizza or Hawaiian Pizza (Ham/PA) Cheese Pizza (V) Ckn Caesar Salad (Grld Ckn)/Dinner Roll Garden Side Salad Seasoned Corn Emoji Fruit Cup Asst. Milk	-25- Hunan Chicken Nuggets w/Rice Grilled Cheese Sandwich (V) SW Crispy Nuggets Salad w/Salsa & Chips Kyoto Vegetable Blend Cinnamon Apple Slices OR Apple Crisp Asst. Milk	-26- Beef Street Taco (Seasoned Beef) Pico de Gallo Sauce Fish Burger/Tartar Sauce Greek Salad w/Garlic Baguette (V) Tex-Mex Style Beans/Cilantro-Lime Rice Chopped Salad (Lettuce/Tomato) Mandarin Oranges Asst. Milk
-29- Beef-Cheese Burger (Cheese-Opt) Breaded Chicken Burger Three Bean Chili Cheese w/Cornbread (V) Oven Baked Fries / 3-Bean Side Veg Burger Side Salad (Greens/Tom/Dills/Mayo) Peach/Grape Fruit Cup / Asst. Milk	-30- Lasagna Roll w/Meat Sauce Lasagna Roll w/Pizza Sauce (V) Chef Entree Salad (Sliced Ham/Egg/Chs) Garlic Baguette Cucumber-Tom Side Salad Seasoned Broccoli Florets Pineapple Tidbits / Asst. Milk			

* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.