

April

2024

The Girls School of Austin

Monday	Tuesday	Wednesday	Thursday	Friday
1 Turkey Chili GF DF Cornbread DF V Peas & Carrots GF DF V Fruit *Veggie Chili *Turkey & Cheese Bento	2 Beef Tacos DF Beans GF DF V Rice GF DF V Fruit *Bean Taco *Ham & Cheese Bento	3 Pasta Marinara DF V Broccoli GF DF V Fruit *Roast Beef Bento	4 Chicken Pot Pie Veggie salad GF DF V Fruit *Veggie Pot Pie *Egg Salad Bento	5 Pulled Pork Sandwich DF Tater Tots GF DF V Fruit *BBQ Jackfruit
8 Minestrone Soup DF V Cheese Toast V Fruit *Turkey & Cheese Bento	9 Cheese Enchiladas GF V Rice GF DF V Fruit *Ham & Cheese Bento	10 BBQ Chicken GF DF Sweet Potato Tots GF DF V Green Beans GF DF V Fruit *BBQ Chicken *Roast Beef Bento	11 Roast Turkey GF DF Mashed Potatoes GF V Zucchini GF DF V Fruit *Roast Tofu *Mozzarella, Tomato, Basil Bento	12 Cheese Pizza V Garden Salad GF DF V Fruit *Sunbutter Bento
15 Chicken and Waffles DF Celery & Carrots GF DF V Fruit *Veggie Sausage & Waffles *Turkey & Cheese Bento	16 Turkey Tacos DF Refried Beans GF DF V Fruit *Chicken' taco *Ham & Cheese Bento	17 Spaghetti & Meat Sauce DF Mixed Veggies GF DF V Fruit *Spaghetti Marinara DF V *Roast Beef Bento	18 Sunbutter Bento DF V Veggies Crisps GF DF V Fruit	19 Brisket Sandwich DF Potato Salad GF DF V Fruit *Pulled Jackfruit
22 Shepherd's Pie GF WW Roll DF V Fruit GF DF V *Veggie Pie *Turkey & Cheese Bento	23 Bean & Cheese Tacos V Cilantro Rice GF DF V Fruit *Ham & Cheese Bento	24 Chicken & Dumplings Peas & Carrots GF DF V Fruit *Tofu & Dumplings *Roast Beef Bento	25 Turkey Cubano Plantains GF DF V Fruit *Tofurkey Cubano	26 Cheese Pizza V Garden Salad GF DF V Fruit *Sunbutter Bento
29 Chicken and Rice Casserole GF Zucchini & Squash GF DF V Fruit *Turkey & Cheese Bento	30 Cheese Quesadillas V Guacamole Salad GF DF V Street Corn GF V *Ham & Cheese Bento			
Salads *Green Salad	*Taco Salad	*Spinach Salad	*Pasta Salad	*Caesar Salad