April

2023

AESA Prep Academy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Chicken & Waffles Mixed Veggies GF DF V Fruit *Roasted Chickn' & Waffles	4 Cheese Enchiladas GF DF Corn Salad GF DF V Black Beans GF DF V Fruit	Turkey GF DF Sweet potato GF DF V Broccoli GF DF V Fruit *Tofurkey DF V	6 Cheese Tortellini w/Marinara Breadstick DF V Mixed Veggies GF DF V Fruit	Good Friday No School	8
Happy Easter!!! 9	Easter Monday No School	Crispy Beef Tacos GF DF Cilantro Rice GF DF V Refried Beans GF DF V Fruit *Bean & Cheese Tacos GF V	Turkey & Rice GF Mixed Veggies GF DF V Fruit *Tofu & Rice	Chicken Pesto Pasta Cucumber Salad GF DF V Breadstick Fruit *Veggie Pesto Pasta	Cubano Sandwich Plantain Chips GF DF V Veggies GF DF V Fruit *Tofurkey Cubano	15
16	Chicken Strips Mac N Cheese V Green Beans GF DF V Fruit "Chickn" Strips DF V	Soft Turkey Tacos GF DF Corn Salad GF DF V Black Beans GF DF V Fruit *Bean & Cheese Taco GF V	Cheese Tortellini w/Marinara V Breadstick Peas & Carrots GF DF V Fruit	Frito Pie GF DF Veggie Salad GF DF V Fruit *TVP Frito Pie GF DF V	Pulled Pork Sandwich DF Potato Salad GF DF V Coleslaw GF DF V Fruit *Pulled Jackfruit DF V	22
23	Turkey Meatloaf DF Mashed Potatoes GF V Green Beans GF DF V Fruit *Veggie Loaf GF DF V	Soft Beef Tacos GF DF Cilantro Rice GF DF V Refried Beans GF DF V Fruit *Bean & Cheese Taco GF V	26 Grilled Cheese V Tomato Soup GF DF V Carrots & Celery GF DF V Fruit	Chicken Alfredo Breadstick DF V Green Peas GF DF V Fruit *Veggie Alfredo	28 Hamburgers with fixin's Chips GF DF V Veggies w/Ranch GF V Fruit *veggie Burgers	29