





APRIL



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| 3 | 4 | 5 | 6 | 7 |
| Quesadillas Carrot Sticks Apple | Chicken Noodle Soup* OJA Salad Strawberries | Mary's Vegetable Curry* Brown Rice OJA Salad Grapes | Mary's Veggie Burgers* OJA Salad w/ Peppers Banana | Pizza Fresh Zucchini/Squash Orange |
| 10 | 11 | 12 | 13 | 14 |
| Tacos OJA Salad Oranges | Mary's Lentil Stew Brown Rice OJA Salad Grapes | Hot Dogs* Carrot Sticks Sun Chips Apple | Mary's Mexican Pasta w/ Peppers OJA Salad Strawberries |  |
| 17 | 18 | 19 | 20 | 21 |
|  | Haystacks* Sliced Cucumbers Strawberries | Baked Eggs & Cheese w/ Peppers Cucumbers Muffins Banana | Baked Spaghetti Garlic Bread OJA Salad Grapes | Pizza Carrot Sticks Pear |
| 24 | 25 | 26 | 27 | 28 |
| Sub Sandwiches Potato Wedges Carrot Sticks Apple | Chef K Vegetable-Bean Soup* Fruit Trail Mix Whole Grain Bread Cucumbers | Enchiladas Brown Rice OJA Salad Oranges | Pigeon Peas w/ Peppers * Brown Rice OJA Salad w/ Broccoli Watermelon | Pizza OJA Salad Banana |

Ingredients used from the OJA Garden

- Thai Basil
- Parsley
- Cilantro
- Mint
- Rosemary
- Carrots
- Garlic Chives
- Lettuce

Harvest of the Month

Bell Peppers

Fun Fact: Red bell peppers are sweeter than green ones because bell peppers sweeten as they ripen.

*Vegan Option Available

- All Meals are Vegetarian
- All Pastas and breads are made from whole grains.

"Orlando Junior Academy will provide students access to hand washing or hand sanitizing before they eat meals or snacks."

Quote from OJA Wellness Policy

Food Service Administrator:
Mary Sukow