

Ramadan Meals April 2, 2022 - May 2, 2022

Ramadan Starts at Sundown on Monday April 12

Ramadan Meals April 2, 2022 - May 2, 2022						
					Saturday April 2	Sunday April 3
					Beef, Bean and Rice Burrito Bowl with lettuce, pico de gallo, cheddar cheese, sour cream and guacamole <hr/> Yogurt Cup, Two Hard Boiled Eggs, Large Breakfast Muffin, Butter and Fruit Cup	2 Beef Hot Dogs with Buns, Oven Roasted Potatoes and Tossed Salad and Dressing <hr/> Yogurt Cup, Two Hard Boiled Eggs, Bagel, Cream Cheese and Fruit Cup
Monday April 4	Tuesday April 5	Wednesday April 6	Thursday April 7	Friday April 8	Saturday April 9	Sunday April 10
Grilled Chicken Teriyaki Thighs, Fried Rice and Stir Fry Vegetables <hr/> Yogurt Cup, Two Hard Boiled Eggs, Large Breakfast Muffin, Butter and Fruit Cup	Double Beef Cheese Burger on Potato Roll with Lettuce, Tomato, Red Onions and Pasta Salad <hr/> Yogurt Cup, Two Hard Boiled Eggs, Bagel, Cream Cheese and Fruit Cup	Blackened Chicken and Smoked Beef Sausage Jambalaya , Tossed Salad and Dressing <hr/> Yogurt Cup, Two Hard Boiled Eggs, Large Breakfast Muffin, Butter and Fruit Cup	2 Falafal Pitas with lettuce, tomato, cucumbers, red onions and tzatziki sauce <hr/> Yogurt Cup, Two Hard Boiled Eggs, Bagel, Cream Cheese and Fruit Cup	4 (2oz) Kabobs, Safron Basmati Rice, Pita Bread and Roasted Vegetables <hr/> Yogurt Cup, Two Hard Boiled Eggs, Large Breakfast Muffin, Butter and Fruit Cup	Cajun Grilled Chicken Breast Fettuchini Alfredo and Ceasar Salad <hr/> Yogurt Cup, Two Hard Boiled Eggs, Bagel, Cream Cheese and Fruit Cup	Buffalo Chicken Tender Wrap with lettuce, tomato, cheddar cheese, Mac and Cheese <hr/> Yogurt Cup, Two Hard Boiled Eggs, Large Breakfast Muffin, Butter and Fruit Cup
Monday April 11	Tuesday April 12	Wednesday April 13	Thursday April 14	Friday April 15	Saturday April 16	Sunday April 17

<p>Meatball Sub with Marinara, Provolone Cheese and Roasted Vegetable Penne Pasta Salad</p> <hr/> <p>Yogurt Cup, Two Hard Boiled Eggs, Bagel, Cream Cheese</p>	<p>2 Buffalo Fried Chicken Breast Patty Sandwich on Potato Roll with Lettuce, Tomato, Red Onion</p> <hr/> <p>Yogurt Cup, Two Hard Boiled Eggs, Large Breakfast Muffin, Butter and</p>	<p>Beef, Bean and Rice Burrito Bowl with lettuce, pico de gallo, cheddar cheese, sour cream and guacamole</p> <hr/> <p>Yogurt Cup, Two Hard Boiled Eggs, Large Breakfast Muffin, Butter and Fruit Cup</p>	<p>2 Beef Hot Dogs with Buns, Oven Roasted Potatoes and Tossed Salad and Dressing</p> <hr/> <p>Yogurt Cup, Two Hard Boiled Eggs, Bagel, Cream Cheese and Fruit Cup</p>	<p>Grilled Chicken Teriyaki Thighs, Fried Rice and Stir Fry Vegetables</p> <hr/> <p>Yogurt Cup, Two Hard Boiled Eggs, Large Breakfast Muffin, Butter and Fruit Cup</p>	<p>Double Beef Cheese Burger on Potato Roll with Lettuce, Tomato, Red Onions and Pasta Salad</p> <hr/> <p>Yogurt Cup, Two Hard Boiled Eggs, Bagel, Cream Cheese and Fruit Cup</p>	<p>Blackened Chicken and Smoked Beef Sausage Jambalaya , Tossed Salad and Dressing</p> <hr/> <p>Yogurt Cup, Two Hard Boiled Eggs, Large Breakfast Fruit Cup</p>
<b>Monday April 18</b>	<b>Tuesday April 19</b>	<b>Wednesday April 20</b>	<b>Thursday April 21</b>	<b>Friday April 22</b>	<b>Saturday April 23</b>	<b>Sunday April 24</b>
<p>2 Falafal Pitas with lettuce, tomato, cucumbers, red onions and tzatziki sauce</p> <hr/> <p>Yogurt Cup, Two Hard Boiled Eggs, Bagel, Cream Cheese and Fruit Cup</p>	<p>4 (2oz) Kabobs, Safron Basmati Rice, Pita Bread and Roasted Vegetables</p> <hr/> <p>Yogurt Cup, Two Hard Boiled Eggs, Large Breakfast Muffin, Butter and Fruit Cup</p>	<p>Cajun Grilled Chicken Breast Fettuchini Alfredo and Ceasar Salad</p> <hr/> <p>Yogurt Cup, Two Hard Boiled Eggs, Bagel, Cream Cheese and Fruit Cup</p>	<p>Buffalo Chicken Tender Wrap with lettuce, tomato, cheddar cheese, Mac and Cheese</p> <hr/> <p>Yogurt Cup, Two Hard Boiled Eggs, Large Breakfast Muffin, Butter and Fruit Cup</p>	<p>Meatball Sub with Marinara, Provolone Cheese and Roasted Vegetable Penne Pasta Salad</p> <hr/> <p>Yogurt Cup, Two Hard Boiled Eggs, Bagel, Cream Cheese</p>	<p>2 Buffalo Fried Chicken Breast Patty Sandwich on Potato Roll with Lettuce, Tomato, Red Onion</p> <hr/> <p>Yogurt Cup, Two Hard Boiled Eggs, Large Breakfast Muffin, Butter and</p>	<p>Beef, Bean and Rice Burrito Bowl with lettuce, pico de gallo, cheddar cheese, sour cream and guacamole</p> <hr/> <p>Yogurt Cup, Two Hard Boiled Eggs, Large Breakfast Muffin, Butter and Fruit Cup</p>
<b>Monday April 25</b>	<b>Tuesday April 26</b>	<b>Wednesday April 27</b>	<b>Thursday April 28</b>	<b>Friday April 29</b>	<b>Saturday April 30</b>	<b>Sunday May 1</b>
<p>2 Beef Hot Dogs with Buns, Oven Roasted Potatoes and Tossed Salad and Dressing</p> <hr/> <p>Yogurt Cup, Two Hard Boiled Eggs, Bagel, Cream Cheese and Fruit Cup</p>	<p>Grilled Chicken Teriyaki Thighs, Fried Rice and Stir Fry Vegetables</p> <hr/> <p>Yogurt Cup, Two Hard Boiled Eggs, Large Breakfast Muffin, Butter and Fruit Cup</p>	<p>Double Beef Cheese Burger on Potato Roll with Lettuce, Tomato, Red Onions and Pasta Salad</p> <hr/> <p>Yogurt Cup, Two Hard Boiled Eggs, Bagel, Cream Cheese and Fruit Cup</p>	<p>Blackened Chicken and Smoked Beef Sausage Jambalaya , Tossed Salad and Dressing</p> <hr/> <p>Yogurt Cup, Two Hard Boiled Eggs, Large Breakfast Fruit Cup</p>	<p>2 Falafal Pitas with lettuce, tomato, cucumbers, red onions and tzatziki sauce</p> <hr/> <p>Yogurt Cup, Two Hard Boiled Eggs, Bagel, Cream Cheese and Fruit Cup</p>	<p>4 (2oz) Kabobs, Safron Basmati Rice, Pita Bread and Roasted Vegetables</p> <hr/> <p>Yogurt Cup, Two Hard Boiled Eggs, Large Breakfast Muffin, Butter and Fruit Cup</p>	<p>Cajun Grilled Chicken Breast Fettuchini Alfredo and Ceasar Salad</p> <hr/> <p>Yogurt Cup, Two Hard Boiled Eggs, Bagel, Cream Cheese and Fruit Cup</p>

Monday May 2						
Buffalo Chicken Tender Wrap with lettuce, tomato, cheddar cheese, Mac and Cheese						