

## April 2024 - Menu Tzu Chi Walnut Elementary School <u>All meals include a serving of milk</u>



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	Sprin	ng Break - No School (4/	1-4/5)	
8	9	10	11	12
Pasta With Cream of Mushroom	Veggie Burger	Macaroni and Cheese	Braised Tofu	Fried Noodles with Vegan Shredded Pork
Veggie Beef With Broccoli	French Fries	Spring Roll	Scrambled Eggs with Shrimp	Veggie Chicken Nuggets
Vegetable	Vegetable	Vegetable	Steamed Rice	Vegetable
Fruit	Fruit	Fruit	Vegetable	Fruit
			Fruit	
15	16	17	18	19
Scrambled Eggs With Tomatoes	Noodles with Teriyaki Sauce & Mushroom	Pizza	Stir-Fried Noodles	Rice with Veggie Minced Meat
Dried tofu and shredded pork	Cauliflower Scrambled Eggs	Egg Tofu	Tomato Cauliflower	Braised food
Steamed Rice	Vegetable	Vegetable	Vegetable	Vegetable
Vegetable	Fruit	Fruit	Fruit	Fruit
Fruit				
22	23	24	25	26
Spaghetti with Marinara Sauce	Steamed Egg	Stir-Fried Macroni	Fried Rice with Veggie Ham	Veggie Thai Sour & Spicy Chicken
Potato Chips	Spring Roll	Braise Food	Bean Curd and Cabbage	French Fries
Vegetable	Vegetable	Vegetable	Vegetable	Vegetable
Fruit	Steamed Rice	Fruit	Fruit	Fruit
	Fruit			
29	30		我吃素	
Braised tofu	Pizza	靜思語 Jing-Si Aphorism		
Vegetarian Shrimp Egg		To love our pla to love all living		
Vegetable	Vegetable	疼愛大地, 就是疼愛衆生。		
Steam Rice	Fruit			
Fruit		慈濟綠行動學生作 Tzu Chi Go Green Pledge (studen	t's artwork)	方及樂