



April 2026 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of 1% Milk or Buttermilk, or Calcium fortified Juice *Take Temperature of Milk and all food preceded by an asterisk	Menu Approved By: <i>Ana Stahlheber MS, RDN, LD</i>	1 * Meatballs 3-1 oz * W.G. Spaghetti ½ c w/ Sce 2 oz * California Blend ½ c * Spinach ½ c / 1 Lemon PC Whole Grain White Apricots ½ c ALT = CF T	2 * Roasted Pork Loin 3 oz. * Sweet Potatoes ½ c * Broccoli ½ c W.G. Biscuit 2 oz Fresh Grapes 1 c ALT = CBG TR	3 2-2 oz. * Stuffed Shells * w/Sauce 2 oz * Antigua Blend ½ c * Lima Beans ½ c 2 Whole Grain Wheat Orange ALT = CF RB
6 * Chicken Stew 8 oz * California Blend 1/2 c Whole Grain Dinner Roll 2 oz Margarine 1 PC Apple Juice ½ c Mixed Fruit ½ c ALT = CS RB	7 * Hamburger 3 oz Mustard & Ketchup 1 PC each * Baked Beans ½ c * Seasoned Potato Wedges ½ c Whole Grain Bun Orange ALT = CBG T	8 * Lemon Piccata Chicken 3 oz * Brown Rice ½ c, Sauce 2 oz * Bermuda Blend ½ c * Carrots ½ c Whole Grain White Mandarin Oranges ½ c ALT = CF RB	9 * Salisbury Steak 3 oz * Gravy 2 oz * Mashed Potatoes ½ c * Succotash ½ c 2 Whole Wheat Bread Banana ALT = CBG T	10 * Vegetable Lasagna 6 oz. * Carrots ½ c * Green Peas ½ c Whole Grain Wheat Pineapple Chunks ½ c Cereal Bar 1 oz ALT = CF TR
13 * Stuffed Cabbage 6 oz * w/ Sauce 2 oz * Mashed Potatoes ½ c * Green Peas ½ c Whole Grain Dinner Roll 2 oz Pears ½ c ALT = CS TR	14 * Chicken Stuffed with Broccoli 6oz * Mashed Potatoes ½ c * Harvard Beets ½ c Whole Grain Wheat Whole Grain Vanilla Wafers 1 oz Peaches ½ c ALT = CBG RB	15 * Meatballs 3-1 oz W.G. Hoagie Roll 2 oz Marinara 2 oz * California Blend ½ c Cranberry juice ½ c Orange ALT = CF T	16 * BBQ Chicken Breast 3 oz * Macaroni and Cheese ½ c * Red Cabbage ½ c * Green Beans ½ c W.G. Corn Muffin 1 oz Peaches ½ c ALT = CBG RB	17 * Breaded Fish 4 oz Tartar Sc 1 PC * Brown Rice ½ c * Kyoto Blend ½ c, Peas ½ c W.G. Wheat Applesauce ½ c ALT = CF TR
20 * Chicken Patty 3 oz Mayo 1 PC * Broccoli ½ c * Corn ½ c Whole Grain Bun 2 oz Pears ½ c ALT = CS TR	21 * Beef Meatloaf 3 oz * Gravy 2 oz * Mashed Potatoes ½ c * Mixed Vegetables ½ c Whole Grain Dinner Roll 2 oz Pineapple Chunks ½ c ALT = CBG TR	22 * Chicken Stir Fry 3 oz * Brown Rice ½ c * Oriental Blend ½ c * Carrots ½ c Vanilla Wafers 1 oz Banana ALT = CF RB	23 * Pork Patty 3 oz Barbeque sauce 1 PC * Cheesy Potatoes ½ c * Harvard Beets ½ c Whole Grain Bun 2 oz Applesauce ½ c ALT = CBG TR	24 * 3 oz Corned Beef Mustard 1 PC * Cabbage and Carrots ½ c * Roasted Red Potatoes ½ c 2 W.G. Rye Fresh Grapes 1 c ALT = CF T
27 * Chicken Alfredo 3 oz * Sauce 2 oz/ * Noodles ½ c * Broccoli ½ c * Cauliflower ½ c Whole Grain Wheat Peaches ½ c ALT = CS RB	28 * Sloppy Joe 3 oz. * Sweet Potatoes ½ c * Corn ½ c Whole Grain Bun 2 oz Fruit Cocktail ½ c ALT = CBG T	29 * Stuffed Peppers 6 oz w/Tomato Sauce 2 oz * Mashed Potatoes ½ c * Green Peas ½ c 2 Whole Wheat Bread Orange ALT = CF TR	30 * Roasted Turkey 3 oz * Mashed potatoes ½ c w gravy * Green Beans ½ c W.G. Dinner Roll 2 oz Pears ½ c ALT = CBG RB	

Western Reserve Area Agency on Aging - 2026

Default Alternate Menu choices are shown at the bottom of each daily menu: "T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, "V" = Cheese
ALT CS=Chicken Salad w/Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast, ALT CF = Chef Salad w Lettuce, Ham, Egg, Cheese