



OUR LADY OF LOURDES

Catholic School

# April 2009



Mon

Tue

Wed

Thu

Fri

		1 Choose 1: Asian Chicken with Rice Chef Salad Turkey & Cheese on Whole Wheat	2 Choose 1: Chicken Nuggets Chicken Cesar Salad Turkey Wrap	3 Choose 1: Cheese Pizza Greek Salad Tuna Salad Wrap
6 Choose 1: Meatball Sub Asian Chicken Salad Turkey Wrap	7 Choose 1: Baked Rice Chef Salad Chicken Cesar Wrap	8 Choose 1: Arozz Con Pollo Chicken Cesar Salad Ham & Cheese on Whole Wheat	9 Holy Thursday  No School	10 Good Friday  No School
13 	14 	<b>Easter Holiday</b>		17 
20 Choose 1: Chicken Nuggets Chef Salad Chicken Cesar Wrap	21 Choose 1: Cuban Platter Chicken Cesar Salad Ham & Cheese on Whole Wheat	22 Choose 1: Hot Dogs Greek Salad Turkey & Cheese on Whole Wheat	23 Choose 1: Arozz Con Pollo Chicken Cesar Salad Turkey Wrap Eat Lunch with your Child Day!	24 Cheese or Pepperoni Pizza Greek Salad Tuna Salad Wrap
27 Choose 1: Macaroni & Cheese Asian Chicken Salad Ham & Cheese on Whole Wheat	28 Choose 1: Meatball Sub Chef Salad Turkey Wrap	29 Choose 1: Lasagna Chicken Cesar Salad Tuna Salad Wrap	30 Choose 1: Hamburger on Whole Wheat Greek Salad Chicken Cesar Wrap	

## Tropical Fruit Salad

### Ingredients

4 cups (1/2-inch) cubed fresh pineapple  
 2 cups diced peeled ripe mango (about 2 medium)  
 1 1/2 cups (1/2-inch) sliced banana (about 2 medium)  
 3/4 cup orange sections (about 2 medium)  
 2 tablespoons dark brown sugar  
 2 tablespoons fresh lime juice  
 1 cup shredded unsweetened coconut, toasted

### Preparation

Combine first 6 ingredients in a medium bowl, tossing gently to combine. Cover and chill 1 hour. Sprinkle with coconut.

### Yield

8 servings  
(serving size: 3/4 cup)

