

April Menu

This menu is for ages one and older. Children between one and two years of age are served **whole milk**, soft tortillas and a vegetable substitute for lettuce.
Fresh fruit each week consists of apples, bananas, oranges and melons (when in season). We order fresh fruit depending upon the price and availability.

April 2-6

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Cheese Omelet Fresh Fruit Skim Milk	French Toast (whole grain) Potato Rounds Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Ham and Cheese Pizza Fresh Salad Skim Milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned) Skim milk	Sloppy Joes on whole wheat buns Pears (Canned) Peas (frozen) Skim Milk	Spaghetti w/meat and tomato sauce Green beans (canned) Skim milk	Turkey & Cheese Wrap (turkey and cheese slices in a tortilla) Diced Peach cups Fresh Celery Sticks w/dip Skim milk
Snack	Whole wheat bread w/cinnamon butter 100% Fruit Juice	CheX Mix (whole grain cheX cereal pretzels & Raisins) Water	Ritz 100% Fruit Juice	Apples Cheese Slice	Graham Crackers 100% Fruit Juice

April 9-13

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Whole wheat toast w/honey Fresh Fruit Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Chef Salad (Lettuce, diced ham, shredded cheese) Whole wheat rolls Diced Pears (canned) Skim Milk	Tacos (ground beef, cheese & fresh lettuce on a whole corn taco shell) Ranch beans (canned) Skim Milk	BBQ Chicken Sandwich (on a whole wheat bun) Corn Fresh Cucumbers with dip Skim Milk	Hamburger Gravy over mashed potatoes Mixed veggies (frozen) Whole Wheat Rolls Skim milk	Hot Dogs on a whole wheat bun Fresh Baby Carrots w/dip Applesauce Cups Skim milk
Snack	Cottage Cheese & Saltines Water	Yogurt & Whole grain cereal pieces Water	String Cheese 100% Fruit Juice	Pretzels 100% Fruit Juice	Wheat Thins (whole wheat) 100% Fruit Juice

April 16-20

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Cheese Omelet Fresh Fruit Skim Milk	French Toast (whole grain) Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Corn Dogs (Child Nutrition labeled) Baked Beans (Canned) Fresh Fruit Skim Milk	Homemade mac and Cheese with Ham (made with whole grain macaroni) Peas (frozen) Pears (canned) Skim milk	Spanish Rice w/ground beef and tomato sauce Green beans (canned) Skim milk	Gr. Beef, Pinto bean & Cheese burrito Fresh Baby Carrots w/dip Corn (frozen) Skim milk	Turkey & Cheese Wrap (Turkey and cheese slices in a tortilla) Diced Peach cups Fresh Celery Sticks w/dip Skim milk
Snack	Animal Crackers 100% Fruit Juice	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Ice water	Whole wheat bread with cinnamon butter 100% Fruit Juice	Ritz 100% Fruit Juice	Cheesy Crackers Skim Milk

April 23-27

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit skim Milk	Whole wheat toast w/ Jam Fresh Fruit Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Hogie Sandwich (assorted meats & cheese on whole wheat bread) Apples Fresh Cauliflower w/dip Skim milk	Lasagna Noodles (made w/ground beef, cheese and tomato sauce over egg noodles) Green beans (canned) Skim Milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned) Skim milk	Taco Salad (ground beef, cheese & fresh lettuce on whole grain tortilla chips) Ranch Style beans (canned) Skim milk	Hot Dogs on a whole wheat bun Fresh Baby Carrots w/dip Applesauce (canned) Skim milk
Snack	Pretzels 100% Fruit Juice	Cottage Cheese & Saltines Ice Water	Yogurt & Whole Wheat Cereal Pieces Ice water	Grahams 100% Fruit Juice	String cheese 100% Fruit Juice

April 30 - May 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Cheese Omelet Fresh Fruit Skim Milk	Bagel w/cream cheese Fresh Fruit Skim Milk	French Toast (whole grain) Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Bean & Cheese burritos Fresh Salad Corn (frozen) Skim milk	Beef Stroganoff over noodles Carrots (canned) Pears (canned) Skim milk	Chicken Nuggets (child nutrition approved) Oranges Baked Beans (canned) Skim milk	Sweet & Sour chicken over rice Broccoli (canned) Pineapple(canned) Skim milk	Turkey & cheese Wrap (Turkey & cheese slices in a tortilla) Diced Peach cups Fresh Celery Sticks w/dip Skim milk
Snack	Animal Crackers 100% Fruit Juice	Chex Mix (whole grain chex cereal pretzels & Raisins) Water	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Water	Apples Cheese slice	Ritz 100% Juice