

# 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 1-5

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit Skim Milk	Whole Wheat English Muffins w/honey Fresh Fruit Skim Milk	Hardboiled Eggs Bananas Skim Milk	Whole wheat toast French Toast Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Chef Salad (Lettuce, diced ham, shredded cheese) Whole wheat rolls Pickled Beets (canned) Skim Milk	Sweet & Sour chicken over rice Broccoli (canned) Pineapple(canned) Skim milk	Lean ground turkey, pinto bean & cheese burritos on a whole wheat tortilla Baby Carrots w/dip Corn (frozen) Skim milk	Sloppy Joes on whole wheat buns Fresh cucumber spears w/dip Peaches (canned in juice) Skim Milk	Turkey & cheese Wrap (Turkey & cheese slices in a whole wheat tortilla) Fruit cocktail cups Fresh Celery Sticks w/dip Skim milk
<b>Snack</b>	Animal Crackers 100% Fruit Juice	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Water	Chex Mix (whole grain chex cereal pretzels & Raisins) Water	Oyster Crackers 100% Fruit Juice	Saltines Cottage Cheese Water

## April 8-12

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit skim Milk	Oatmeal w/brown sugar (whole grain) Fresh Fruit Skim Milk	Whole grain Bagel w/butter and jam Fresh Fruit Skim Milk	Scrambled Eggs Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Fish Sticks (child nutrition approved, whole grain breeding) Applesauce (canned) Mixed Veggies (frozen) Skim milk	Shepherd's Pie (lean ground turkey, green beans, mashed potatoes & cheese) Whole Wheat Rolls Skim milk	Homemade mac and Cheese with Ham (made with whole grain macaroni) Peas (frozen) Fresh Fruit Skim milk	Chicken Taco Soup (chicken, pinto beans, corn & tomato sauce with cheese) Whole corn tortilla chips Fresh Cauliflower w/ranch Skim Milk	Turkey Dogs on a whole wheat bun Baby Carrots w/dip Fruit Cocktail cups Skim milk
<b>Snack</b>	Pretzels 100% Fruit Juice	String Cheese Ritz	Wheat Thins 100% Fruit Juice	Yogurt & Whole grain Cereal Pieces	Cheesy Crackers Skim Milk

## April 15-19

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit Skim Milk	Whole Wheat French Toast Potato Rounds Skim Milk	Hardboiled Eggs Bananas Skim Milk	Whole Wheat Bagel w/butter and jam Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
<b>Lunch</b>	Chicken Nuggets (child nutrition approved, whole grain breeding) Fresh Fruit Baked Beans (canned) Skim milk	Spaghetti w/lean ground turkey and tomato sauce Green Beans (canned) Skim milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned in juice) Skim milk	Ham & Cheese Pizza (ham, cheese, sauce on whole grain english muffin) Fresh Salad Skim Milk	Turkey & Cheese Wrap (turkey and cheese slices in a whole wheat tortilla) Fruit Cocktail Cups Fresh Celery Sticks w/dip Skim milk
<b>Snack</b>	Whole wheat bread w/cinnamon butter 100% Fruit Juice	Sun Butter Dip Apples Water	Chex Mix (whole grain chex cereal pretzels & Raisins) Water	Oyster Crackers 100% Fruit Juice	Graham Crackers Skim milk

## April 22-26

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit Skim Milk	Scrambled Eggs Potato Rounds Skim Milk	Whole wheat Bagel w/butter and jam Fresh Fruit Skim Milk	Oatmeal w/brown sugar (whole grain) Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
<b>Lunch</b>	Tuna and Cheese Sandwich (whole wheat bread) Apples Fresh Cauliflower w/dip Skim milk	BBO Chicken Sandwich (on a whole wheat bun) Peaches (canned in juice) Fresh Cucumbers with dip Skim Milk	Tacos (lean ground turkey, cheese & fresh lettuce on a whole corn taco shell) Ranch beans (canned) Skim Milk	Hamburger Gravy over mashed potates Peas (canned) Whole Wheat Rolls Skim milk	Turkey Dogs on a whole wheat bun Pickles Baby Carrots w/dip Skim milk
<b>Snack</b>	Wheat Thins 100% Fruit Juice	Pretzels 100% Fruit Juice	Yogurt & Whole grain cereal pieces Water	String Cheese Ritz Crackers Water	Animal Crackers Skim Milk

**April 29 - May 3**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit Skim Milk	Whole Grain English Muffins w/ honey Fresh Fruit Skim Milk	Hardboiled eggs bananas Skim Milk	Whole wheat toast French Toast Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Bean & Cheese burrito (whole grain tortilla) Applesauce (canned) Fresh Salad Skim milk	Lasagna Noodles (made w/lean ground turkey, cheese and tomato sauce over whole grain noodles) Green beans (canned) Skim Milk	Hamburgers (ground beef patty on a whole grain bun) Pickles Fresh Fruit Skim milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned in juice) Skim milk	Turkey & Cheese Wrap (Assorted meats and cheese slices in a whole grain tortilla) Fruit Cocktail Cups Fresh Celery Sticks w/dip Skim milk
<b>Snack</b>	Cottage Cheese & Saltines Water	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Water	Whole wheat bread with cinnamon butter 100% Fruit Juice	Teddy Grahams 100% fruit juice	Cheesy Crackers Skim Milk