

April MENU 2024

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 & berries (when in season). We order fresh fruit depending upon the price and availability.*

April 1-5

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Bagels w/cream cheese Fresh Fruit Skim Milk	French Toast Fresh Fruit, Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Boiled eggs Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Teriyaki Beef (lean gr. beef) over brown rice Broccoli (frozen) Pineapple (canned) Skim milk	Tacos Salad (ground turkey, cheese & fresh lettuce) Whole wheat Chips, Ranch Beans Skim Milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Cauliflower w/Ranch Extra marinara sauce for dipping, Skim Milk	BBQ Chicken on a whole wheat bun Peas (frozen) Apple sauce Skim Milk	Turkey Hot dogs Whole wheat buns carrots w/dip, Peaches (diced) Skim Milk
Snack	Eggs & Ritz crackers (WG) water	Cottage Cheese and saltine crackers water	Wheat Thins (WG) 100% Fruit Juice	Tiger Bite Grahams (WG), Milk	Pretzels 100% fruit juice

April 8-12

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole wheat Bagel w/ cream cheese Fresh Fruit, Skim Milk	Pancakes Fresh Fruit Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Scrambled Eggs Fresh Fruit, Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Brunch Day cheese omelets, tater tots Pineapple (canned) Whole wheat toast, skim milk	Mac and Cheese (Whole wheat pasta, cheese, Diced ham) Frozen Peas, Diced Peaches Skim Milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh lettuce w/ranch Extra marinara sauce for dipping, Skim Milk	Taco Soup (chicken, tomato sauce, corn, beans) Cheese, Tortilla Chips, Fresh Apple Skim Milk	Turkey Wraps (Whole wheat tortilla, Sliced Turkey, cheese) Carrots Pears Skim milk
Snack	Apples and Cheese, Water	Pita bread (whole grain) w/hummus, water	Goldfish Crackers (WG) 100% Fruit Juice	grahams crackers Milk	Popcorn 100% juice

April 15-19

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole wheat Bagel w/ cream cheese Fresh Fruit & Skim Milk	Oatmeal Fresh Fruit Skim Milk	Muffins (whole grain) Fresh Fruit skim Milk	Biscuits and Gravy fresh fruit skim Milk	Cereal (whole grain) Fresh fruit skim milk
Lunch	Spaghetti (whole grain noodles) w/lean ground turkey and tomato sauce Green Beans (canned) Skim milk	Shepherd's Pie (mashed potatoes, ground turkey, green beans and cheese) whole wheat rolls Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Carrots w/dips Extra marinara sauce for dipping, Skim Milk	Chicken Chili (Chicken, white beans, Cheese) Fresh Cucumber Wheat Roll, Skim Milk	Hamburgers Beef Patties, (wheat bun) Tator Tots, Peaches Skim Milk
Snack	Triscuits 100% juice	Whole wheat bread w/ cinnamon butter, Milk	Whole grain tortilla Chips & salsa (grated cheese for toddlers) and water	Yogurt & Whole Grain Cereal Pieces, Water	Animal Crackers 100% Fruit Juice

April 22-26

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole wheat Bagel w/ cream cheese Fresh Fruit, Skim Milk	French Toast (whole wheat) fresh fruit Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Scrambled Eggs Fresh Fruit, Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Ham and cheese sandwich (whole wheat bread) Fresh Apple Fresh Carrot Skim milk	Lasagna (whole wheat noodles, w/lean ground Turkey, cheese, and tomato sauce) Lettuce Skim Milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Cucumbers w/dip Extra marinara sauce for dipping, Skim Milk	Haystacks (brown rice with, chicken, cheese, & gravy) broccoli (frozen) Pineapple Skim Milk	Corn Dogs, w/breading, Corn, Apple sauce, Skim Milk
Snack	Whole wheat Bread w/ cinnamon sugar Skim Milk	Goldfish Crackers (WG) 100% Fruit Juice	Veggie Crackers 100% juice	Yogurt & Whole Grain Cereal Pieces, Water	Cheese sticks & Ritz Crackers water

This institution is an equal opportunity provider and employer