

APRIL MENU 2021

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 5-9

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit skim Milk	Whole grain Bagel w/butter and jam Fresh Fruit Skim Milk	Hardboiled Eggs Fresh Fruit Skim Milk	Whole Wheat Toast w/honey Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Baby Carrots w/dip Skim Milk	Omelets Tator Tots Apples or oranges Whole wheat toast Skim milk	Lasagna Noodles (made w/lean ground turkey, cheese and tomato sauce over whole grain noodles) Green beans (canned) Skim Milk	Sloppy Joes on whole wheat buns Fresh cucumber spears w/dip Peaches (canned) Skim Milk	Turkey Dogs on a whole wheat bun Pickles Baked beans (canned) Skim milk
Snack	Oyster Crackers 100% Fruit juice	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Water	Goldfish crackers Milk	String Cheese Ritz Water	Pretzels 100% Fruit Juice

April 12-16

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Pancakes Fresh Fruit or 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
Lunch	Chef Salad (Lettuce, diced ham, shredded cheese) Whole wheat rolls Pickled Beets (canned) Skim Milk	Chicken Taco Soup (tomato based soup with mixed veggies & cheese on top) Tortilla Chips (whole grain) Fresh Cauliflower Skim Milk	Homemade mac and Cheese with Ham (made with whole grain macaroni) Peas (frozen) Pears (canned) Skim milk	Ground turkey & Cheese burritos (whole grain tortillas) Corn Fruit Cocktail (canned) Skim milk	Tuna & Cheese Sandwich on whole wheat bread Baby carrots w/dip Applesauce Skim milk
Snack	Animal Crackers 100% Fruit Juice	Graham Crackers Milk	Yogurt & Whole grain Cereal Pieces Water	Pita bread w/dip 100% Fruit Juice	Saltines Cottage Cheese Water

April 19-23

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Whole Wheat Bagel w/butter and jam Fresh Fruit Skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Oatmeal w/brown sugar (whole grain) Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Diced Pears (canned) Skim Milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned in juice) Skim milk	Spaghetti (whole grain noodles) w/lean ground turkey and tomato sauce Fresh Salad Skim milk	Ham & Cheese Sandwich on whole wheat bread Mandarin oranges (canned) Baked fries Skim milk	Chicken Nuggets (child nutrition approved, whole grain breeding) Baked Beans (canned) Peaches (canned) Skim milk
Snack	Teddy Grahams 100% Fruit Juice	CheX Mix (whole grain chex cereal pretzels) 100% Fruit Juice	Apples & Sun butter Water	Wheat Thins 100% Fruit Juice	Whole wheat bread w/cinnamon butter Milk

April 26-30

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffins (whole grain) Fresh Fruit Skim Milk	Whole Wheat French Toast Fresh Fruit or Potato Rounds Skim Milk	Whole wheat Bagel w/butter and jam Fresh Fruit Skim Milk	Hardboiled Eggs Bananas Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Hamburgers on a a whole wheat bun Pickles Fruit Cocktail (canned in juice) Skim milk	Tacos (<i>ground turkey</i> , cheese & fresh lettuce on a whole grain taco shell) Ranch beans (canned) Skim Milk	BBQ Chicken on a whole wheat bun Peas (frozen) Fresh Cauliflower w/dip Skim Milk	Hamburger Gravy over mashed potates Green Beans (canned) Whole Wheat Rolls Skim milk	Corn Dogs Apples Baby Carrots w/dip Skim milk
Snack	Oyster Crackers 100% Fruit Juice	Pretzels 100% Fruit Juice	String Cheese Ritz Water	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Water	Goldfish crackers Milk

The USDA is an equal opportunity provider and employer.