

April 2024 Menu

ALLERGIES:

Please Avoid Nuts of Any Kind

Milk is served w/ Breakfast & Lunch

Children under 2yrs: Whole Milk

Children over 2yrs: Non-Fat Milk

Water is served with PM snacks

Tropical Fruit consists of:

Pineapple, Guava and Papaya

TODDLER SNACK:

Bread/Cereal: 1/2 slice or 1/4 cup

Protein: 1/2 oz or 1/4 cup

Milk: 1/2 cup or 4 oz

Fruit/Veg: 1/2 cup

TODDLER BREAKFAST/LUNCH

Bread/Cereal: 1/2 slice or 1/4 cup

Protein: 1 oz or 1/4 cup

Milk: 1/2 cup or 4 oz

Fruit/Veg: 1/4 cup

PRESCHOOL SNACK:

Bread/Cereal: 1/2 slice or 1/4 cup

Protein: 1/2 oz or 1/4 cup

Milk: 1/2 cup or 4 oz

Fruit/Veg: 1/2 cup

PRESCHOOL BREAK./LUNCH:

Bread/Cereal: 1/2 slice or 1/4 cup

Protein: 1.5 oz or 3/4 cup

Milk: 3/4 cup or 6 oz

Fruit/Veg: 1/2 cup

WGR = Whole Grain Rich

V: = Vegetarian Lunch

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Corn Flakes or Cheerios Cereal Fruit Milk	Yogurt (MMA) Fruit Milk	Pumpkin Pie Breakfast Bar (WGR) Milk	Baked Oats w/Peaches Milk	Apple Scone (WGR) TBA Fruit Milk
	Chicken Noodle Soup (WGR) V: Vegan Noodle Soup * Onion, Carrots, Parsley	Ground Beef Dirty Rice (WGR) V: Beyond Meat Dirty Rice Vegetable Medley	Teriyaki Chicken & Rice (WGR) V: Teriyaki Tofu & Rice Vegetable Medley	Vegan Pomodoro Pasta (WGR) Orange Slices Milk	Chicken Taco w/Carrot Relish (WGR) V: Vegan Taco w/carrot Relish Fruit Medley Milk
	Apple Slices Milk	Orange Slices Milk	Bananas Milk		
	Cheese Quesadillas Orange Slices	Pirates Booty Blueberries	Snapea Crisps Cantaloupe	English Muffin & Cream Cheese Apple Slices	Turkey & Cheese on Wheat Applesauce
8	Whole Bagel (WGR) TBA Fruit Milk	Overnight Oats (WGR) Fruit Milk	Sweet Potato Oat Bar (WGR) Milk	Whole Grain Oat Donut (WGR) TBA Fruit Milk	Banana Bread (WGR) Fruit Milk
	Minestrone Soup (WGR) Watermelon	Beef & Vegetable Stir Fry (WGR) V: Tofu & Vegetable Stir Fry	Sweet & Sour Chicken w/Rice (WGR) V: Sweet & Sour Tofu w/Veggies & Rice Vegetable Medley	Turkey Picadillo (WGR) V: Vegetable Picadillo Honeydew Milk	Asian Noddle Stir Fry (WGR) V: Vegan Lo Mein Fruit Medley Milk
	Milk	Orange Slices Milk	Bananas Milk		
	Hippeas & Guacamole Apples	String Cheese, Club Crackers Blueberries	Rice Cakes Cantaloupe	Yogurt (A: Coconut Yogurt), Graham Crackers Apples	Strawberry Preserves & Sunbutter on Wheat Applesauce
15	Corn Flakes or Cheerios Cereal Fruit Milk	Yogurt (MMA) Fruit Milk	Pumpkin Pie Breakfast Bar (WGR) Milk	Baked Oats w/Peaches Milk	Apple Scone (WGR) TBA Fruit Milk
	Vegetarian Tortilla Enchilada Apple Slices Milk	Spaghetti w/Turkey Ragù V: Spaghetti w/Beyond Meat Ragù Orange Slices Milk	Honey Soy Chicken w/Veggies & Rice (WGR) V: Honey Soy Tofu w/Veggies & Rice Vegetable Medley	Turkey Meatloaf (WGR) V: Meatless Meatloaf Peas & Carrots Honeydew Milk	Beef Taco w/Carrot Relish (WGR) V: Vegan Taco w/carrot Relish Fruit Medley Milk
	Cheese Slices, Turkey Slices, Club Crackers Honeydew Melon	Pita & Hummus Blueberries	Corn Chex Oranges	Rice Cakes Apple Slices	Pizza Muffins & Pineapple (English Muffin, Tomato Sauce, Pepperoni, Cheese)
22	Whole Bagel (WGR) TBA Fruit Milk	Overnight Oats (WGR) Fruit Milk	Sweet Potato Oat Bar (WGR) Milk	Whole Grain Oat Donut (WGR) TBA Fruit Milk	Banana Bread (WGR) Fruit Milk
	Vegan Pasta Bolognese (WGR) Watermelon	Chicken Fajita Bowl (WGR) V: Vegan Fajita Bowl	Thai Pineapple Chicken w/Veggies & Rice V: Thai Pineapple Tofu w/Veggies & Rice Vegetable Medley	BBQ Chicken (WGR) V: Vegan BBQ Honey Lemon Carrots Honeydew Melon Milk	Beef Dan Dan Noodle (WGR) V: Vegan Dan Dan Noodle Fruit Medley Milk
	Milk	Orange Slices Milk	Bananas Milk		
	Pretzels & Mustard Cantaloupe	Hippeas & Guacamole Blueberries	String Cheese, Club Crackers Strawberries	Yogurt (A: Coconut Yogurt), Graham Crackers Apples	Black Beans, Tortilla Chips, Salsa Pineapple
29	Corn Flakes or Cheerios Cereal Fruit Milk	Yogurt (MMA) Fruit Milk			
	Beef Goulash (WGR) V: Vegan Goulash Apple Slices Milk	Chicken Vegetable Stew (WGR) V: Vegan Stew Dinner Rolls Orange Slices Milk			
	Cheese Quesadillas Cantaloupe	Pirates Booty Blueberries			

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