



*Menu subject to change based on availability

WG- Whole Grain

WW - Whole Wheat

MG - Multi-Grain

Monday

Tuesday

Wednesday

Thursday

Friday

April 1

April 2

Breakfast				Hash Brown Patties Fruit Milk	Bunny-shaped Pancake (WG) Fruit Milk & Water
Lunch				Baked Penne with Ground Turkey Peas and Carrots Fruit Milk/Water V- Meatless Penne	Easter Luncheon: Spiral Ham/Turkey Slices Potato Salad/Bread Rolls Broccoli Cheese Rice Casserole Fruit Milk/Water
Snack				AM: Graham Crackers PM: Bananas Evening: Animal Crackers	AM: Ritz Crackers PM: Apple Slices Evening: Cheese-It Crackers

	April 5	April 6	April 7	April 8	April 9
Breakfast	Wheat Toast with Jelly (WG) Fruit Milk	Waffles (WG) Fruit Milk	Cinnamon Toast Crunch (WG) Fruit Milk	Yogurt Fruit Milk	Bagel with Cream Cheese (WG) Fruit Milk
Lunch	Corn Dogs French Fries Green Salad with Ranch Fruit Milk/Water V – Grilled Cheese Sandwich	Spaghetti with Marinara Sauce Steamed Broccoli Fruit Milk/Water V	Grilled Turkey & Cheese Sandwich Mixed Vegetables Fruit Milk/Water V- Grilled Cheese Sandwich	Chicken Nuggets Mashed Potatoes Mixed Vegetables Fruit Milk/Water V– Corn & Mashed Potatoes	Ground Turkey Soft Tacos with Shredded Lettuce Spanish Rice Fruit Water/Milk V- Cheese Quesadilla
Snack	AM: String Cheese PM: Apple Sauce Evening: Ritz Crackers	AM: Animal Crackers PM: Mandarin Oranges Evening: Vanilla Wafers	AM: Graham Crackers PM: Orange Slices Evening: Ritz Crackers	AM: Goldfish Crackers PM: Apple Slices Evening: Pretzels	AM: Saltine Crackers PM: Jello Evening: Goldfish Crackers

	April 12	April 13	April 14	April 15	April 16
Breakfast	Hash Brown Patties Fruit Milk	French Toast (WG) Fruit Milk	Frosted Flakes Cereal (WW) Fruit Milk	Oatmeal (WG) Fruit Milk	Pancakes Fruit Milk
Lunch	Chicken Noodle Stir Fry (WG) Steamed Rice Vegetable Blend Fruit Milk/Water V - Noodle Stir Fry with Veggies	Turkey and Cheese Wrap with Lettuce and Sour Cream Corn Fruit Milk/Water V- Cheese Wrap	Cheese Quesadilla with Salsa Refried Beans Fruit Milk/Water V	Chicken Fettuccine Alfredo Garlic Bread Mixed Vegetables Fruit Milk/Water V- Fettuccine Alfredo	Grilled Cheese Sandwich Green Salad with Ranch Fruit Milk/Water V
Snack	AM: Pretzels PM: Apple Sauce Evening: Goldfish	AM: Cereal Mix PM: Apple Slices Evening: Animal Crackers	AM: Ritz Crackers PM: Bananas Evening: Graham Crackers	AM: Goldfish Crackers PM: Vanilla Pudding Evening: Cheese-It Crackers	AM: Cheese-It Crackers PM: Orange Slices Evening: Pretzels

	April 19	April 20	April 21	April 22	April 23
Breakfast	Yogurt (WG) Fruit Milk & Water	Waffles (WG) Fruit Milk & Water	All Bran Wheat Cereal (WW) Fruit Milk & Water	Wheat Toast and Jelly (WG) Fruit Milk & Water	Oatmeal (WG) Fruit Milk & Water
Lunch	Cheese & Spinach Lasagna (WW) Garlic Bread Fruit Milk/Water V	BBQ Chicken Steamed Rice Broccoli Fruit Milk/Water V- Broccoli Rice	Mini Pepperoni Pizza (WG) Peas and Carrots Fruit Water/Milk V- Mini Cheese Pizza	Bean & Cheese Burrito (WG) Mexican Rice Steamed Green Beans Fruit Milk/Water V	Turkey Hotdog Sandwich (WW) Tater Tots Green Beans Fruit Milk/Water V - Cheese Fries
Snack	AM: Goldfish Crackers PM: Banana Slices Evening: Graham Crackers	AM: Ritz Crackers PM: Jello Evening: Animal Crackers	AM: String Cheese PM: Orange Slices Evening: Goldfish Crackers	AM: Pretzels PM: Apple Sauce Evening: Chex Mix	AM: Cheese-It Crackers PM: Apple Slices Evening: Ritz Crackers

	April 26	April 27	April 28	April 29	April 30
Breakfast	Bagel & Jelly (WG) Fruit Milk & Water	Hash Brown Patties Fruit Milk & Water	Frosted Mini Wheat Cereal (WG) Fruit Milk & Water	Pancakes (WG) Fruit Milk & Water	Oatmeal (WG) Fruit Milk & Water
Lunch	Teriyaki Chicken Steamed Rice Broccoli Fruit Milk/Water V- Broccoli Rice	Chicken Patty Burger (WW) Potato Wedges Mixed Vegetables Fruit Milk/Water V - Cheese Fries	Chicken Soft Tacos (WG) Spanish Rice Mixed Vegetables Fruit Milk/Water V- Cheese Quesadilla	Turkey & Cheese Sandwich (WW) Green Salad Fruit Milk/Water V- Grilled Cheese Sandwich	Mac & Cheese Steamed Broccoli Fruit Milk/Water V
Snack	AM: Goldfish Crackers PM: Orange Slices Evening: Graham Crackers	AM: Pretzels PM: Vanilla Pudding Evening: Ritz Crackers	AM: String Cheese PM: Bananas Evening: Animal Crackers	AM: Graham Crackers PM: Apple Slices Evening: Cereal Mix	AM: Saltine Crackers PM: Apple Sauce Evening: Pretzels

RECOMMENDED SERVING SIZES: BREAKFAST			
	Age 1- 2	Age 3 - 5	Age 6 - 12
Milk	1/2 cup	3/4 cup	1 cup
Vegetables	1/4 cup	1/2 cup	1/2 cup
Fruits	1/4 cup	1/2 cup	1/2 cup
Bread	1/2 slice	1/2 slice	1 slice
Cold, Dry Cereals	1/4 cup	1/3 cup	3/4 cup
Cooked Cereals	1/4 cup	1/4 cup	1/2 cup
Cooked Pasta	1/4 cup	1/4 cup	1/2 cup
RECOMMENDED SERVING SIZES: LUNCH			
	Age 1- 2	Age 3 - 5	Age 6 - 12
Milk	1/2 cup	3/4 cup	1 cup
Vegetables	1/4 cup	1/2 cup	3/4 cup
Fruits	1/4 cup	1/2 cup	3/4 cup
Bread	1/2 slice	1/2 slice	1 slice
Cooked Cereals	1/4 cup	1/4 cup	1/2 cup
Cooked Pasta	1/4 cup	1/4 cup	1/2 cup
Meat	1 oz.	1-1/2 oz.	2 oz.