

April 2020 Menu



*Whole milk is served to children 2 and under

Z AGADEMY Z	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	30 Sausage Patty/Sliced Bread/1% Milk	31 French Toast Sticks with Sugar Free Syrup/1% Milk		2 Whole Grain Cereal/1% Milk	3 Blueberry Bagel with Cream Cheese/1% Milk
Lunch	Baked Macaroni and Cheese/Steamed Broccoli/Diced Peaches/1% Milk	Fiesta Rice with Beef Crumbles/Steamed Green Beans/Pineapple Tidbits/Dinner Roll/1% Milk	Hamburgers on White Bun/Steamed Carrots/Mandarin Oranges/1% Milk	Baked Fish Nuggets/Steamed Peas/Diced Pears/1% Milk	Chicken Alfredo/Steamed Broccoli and Cauliflower Medley/Diced Peaches/1% Milk
PM Snack	Fresh Carrots w/ Ranch Dressing/Chilled Water	Ritz Crackers/Cheddar Cheese Cubes/Chilled Water	Graham Crackers/Fresh Apple Slices/ Chilled Water	Fig Newton Bars/ Chilled Water	Cheez-It Crackers/100% Fruit Juice
Vegetarian	Baked Macaroni and Cheese	Fiesta Rice	Sunbutter and Jelly Sandwich	Corn Nugget	Baked Alfredo
AM Snack	6 Pancake Wrapped Sausage Nuggets/1% Milk	7 Biscuit with Jelly/ 1% Milk	8 Oatmeal with Baked Apples/1% Milk	9 Whole Grain Cereal/1% Milk	10 Turkey Bacon/Wheat Bread Slice/1% Milk
Lunch	Beef Ravioli/ Steamed Green Beans/ Pineapple Tidbits/1% Milk	Turkey Meatball in Gravy/Mashed Potatoes/Succotash/Tropical Fruit/Dinner Roll/1% Milk	BBQ Chicken Sandwich on Bun/ Steamed Broccoli/ Baked Apples/1% Milk	Baked Chicken Nuggets/Dinner Roll/Lima Beans/Fruit Cocktail/1% Milk	Beef Stew w/ Mixed Vegetables/ Steamed Rice/Mandarin Oranges/1% Milk
PM Snack	Assorted Crackers/ Fresh Pear/ Chilled Water	Pita Bread Triangle with Hummus/Chilled Water	Quaker Cheese Rice Cakes/ Chilled Water	Strawberry Chex Mix /Chilled Water	Animal Crackers/ Fresh Banana/ Chilled Water
Vegetarian	Creamy Noodles	Corn Nugget	Sunbutter and Jelly Sandwich	Macaroni and Cheese Nugget	Vegetable Nugget
AM Snack	13 Cheesy Omelet/ 1% Milk	14 Cheesy Grits/1% Milk	15 Baked Golden Hashbrown/1% Milk	16 Whole Grain Cereal/1% Milk	17 Whole Grain Pancakes with Sugar Free Syrup/1% Milk
Lunch	Beef Stroganoff/ Steamed Green Beans/ Pineapple Tidbits/1% Milk	Mozzarella Cheese Sticks with Marinara Sauce/Steamed Corn/Diced Pears/1% Milk	Chicken and Rice/ Steamed Peas/Tropical Fruit/ 1% Milk	Baked Beef Nuggets/Steamed Vegetable Medley /Diced Peaches/Wheat Dinner Roll/1% Milk	Cheese Pizza/Steamed Broccoli and Cauliflower Medley/ Mandarin Oranges/1% Milk
PM Snack	Mixed Berries with Whipped Fruit Dip/Graham Crackers/Chilled Water	Applesauce Cups/Graham Crackers/ Chilled Water	Strawberry or Peach Yogurt/Craisins/Chilled Water	Goldfish/100% Fruit Juice	Apple Slices/Sunbutter/Chilled Water
Vegetarian	Corn Nuggets	Mozzarella Cheese Stick	Cheesy Rice	Vegetable Nugget	Cheese Pizza
AM Snack	20 Cinnamon Toast/ 1% Milk	21 Raspberry Nutri-Grain Bar/1% Milk	22 Blueberry Muffin/1% Milk	23 Whole Grain Cereal/1% Milk	24 Whole Grain Waffle with Sugar Free Syrup/1% Milk
Lunch	Baked Cheese Ravioli/Lima Beans/Diced Pears/1% Milk	Meatloaf/Broccoli and Cauliflower Medley/Pineapple Tidbits/Wheat Bread Slice/1% Milk	Baked Ziti /Succotash/Tropical Fruit/1% Milk	Baked Corn Dogs/ Peas and Carrots/Sliced Bread/Applesauce/1% Milk	Chicken Patty Sandwich on White Bun/Mixed Vegetables /Fruit Cocktail/1% Milk
PM Snack	Strawberry Cheerio Bar/ Chilled Water	Mozzarella Cheese Stick/ Assorted Crackers/ Chilled Water	Soft Pretzels/Nacho Cheese/ Chilled Water	Fresh Banana/Vanilla Wafers/Chilled Water	Trail Mix/Chilled Water
Vegetarian	Cheese Ravioli	Macaroni and Cheese Nugget	Baked Ziti	Vegetable Nugget	Cheesy Rice