



April Menu

GREEN = Wheat, Whole-Grain, & Multi-Grain Items RED = Vegetarian Option PURPLE = Beginner Alternative



	MONDAY 30-Mar	TUESDAY 31-Mar	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
AM Snack	WG Pancake 1% Milk	WG Mini Bagel, Cream Cheese, 1% Milk	WG Cereal Oatmeal Bar 1% Milk	WG French Toast Sticks 1% Milk	WG Cereal 1% Milk
Lunch	Pizza with WG Crust, Salad, Pineapple, 1% Milk	Turkey or Beef Tacos on a WG Tortilla (Veggie Crumbles), Diced Pears, Green Beans, 1% Milk	Turkey Sandwich on WG Bread (WG Vegan Chicken Nuggets), Pears, Mixed vegetables, 1% Milk	Cheeseburger on WG Bun (Vegetarian Griller), Potato Coins, Diced Peaches, 1% Milk	Pizza with WG Crust, Diced Carrots, Fruit Mix, 1% Milk
PM Snack	Apple Slices, Cracker, Water	Goldfish, Diced Pears, Water	Teddy Bear Graham Crackers, String Cheese, Water	Diced Mandarin Oranges, Animal Crackers, Water	WG Wheat Thins, Mozz String Cheese, Water - American Cheese Slice
	6	7	8	9	10
AM Snack	WG Waffle, 1% Milk	WG Cereal 1% Milk	Yogurt, 1% Milk	WG Muffin 1% Milk	Chef's Choice Day
Lunch	WG Cheese Pierogies, Mixed Veggies. Tropical Fruit, 1% Milk	Chicken & Rice Bowl (Veg Crumbles) , Diced Peaches, Corn, 1% Milk	WG Chicken Patty (Veg Griller), Diced Carrots, Diced Pears, 1% Milk	Turkey Burger on WG Bun (Vegetarian Griller), Pineapple Tidbits, Broccoli, 1% Milk	Chef's Choice Day
PM Snack	WG Graham Crackers, Applesauce, Water	Fresh Apple Slices, Sunbutter, Water Wheat Thins, Applesauce	Townhouse Crackers, American or Cheddar Cheese Slice, Water	WG Goldfish Crackers, Applesauce, Water	Chef's Choice Day
	13	14	15	16	17
AM Snack	WG Apple Cinnamon Loaf 1% Milk	WG Waffle 1% Milk	WG Cereal Oatmeal Bar, 1% Milk	Yogurt 1% Milk	WG Cereal 1% Milk
Lunch	Mac N Cheese with WG Elbows, Broccoli, Diced Peaches 1% Milk	Taco Bowl - Beef/Turkey (Vegan Crumbles), Rice, Corn, Pineapple Tidbits. 1% Milk	Diced Chicken Parm, WG Pasta (Veg Nuggets), Applesauce, Green Beans, 1% Milk	Turkey & Cheese on WG Bread (Cheese) , Mixed Veggies, Fruit Cocktail, 1% Milk	WG Pancake, Turkey Sausage Patty, Mandarin Oranges, 1% Milk - Whole Milk
PM Snack	WG Champ Bites, Mandarin Oranges, Water	Vanilla Wafers, Strawberry Yogurt, Water	WG Pita, Hummus, Water	Fresh Apple Slices, Mozzarella String Cheese, Water - Applesauce & Wheat Thins	Cucumber Slices, Tzatziki Dip, Water - Diced Cucumber Slices
	20	21	22	23	24
AM Snack	Chef's Choice Day	WG Toasted Oats Cereal 1% Milk	WG Oatmeal Cereal Bar 1% Milk	WG French Toast Sticks 1% Milk	WG Scooters Cereal 1% Milk
Lunch	Chef's Choice Day	WG Tortilla Chicken Quesadillas (Cheese), Broccoli, Diced Pears, 1% Milk	Diced Chicken (Vegan Crumbles) & Mashed Potato Bowl w/Gravy, Peas & Carrots, Tropical Fruit, 1% Milk	Sunbutter & Jelly Sammy on WG Bread, Diced Peaches, Corn, 1% Milk	WG Fish Sticks, Potato Coins, Pineapple Tidbits, 1% Milk
PM Snack	Chef's Choice Day	WG Cheez Itz, Yogurt, Water	WG Graham Crackers, Applesauce, Water	Diced Mandarin Oranges, Animal Crackers, Water	Townhouse Crackers, American Cheese Slice, Water
	27	28	29	30	1-May
AM Snack	WG Cereal 1% Milk	WG Cereal Oatmeal Bar 1% Milk	WG Cereal 1% Milk	WG Waffle 1% Milk	Chef's Choice Day
Lunch	Chicken & Rice Bowl (Veg Crumbles) , Diced Peaches, Corn, 1% Milk	WG Chicken Nuggets (WG Vegan Chicken Nuggets), Tropical Fruit, Sweet Peas, 1% Milk	Pizza with WG Crust, Diced Carrots, Fruit Mix, 1% Milk	WG Cheese Pierogies, Mixed Veggies. Tropical Fruit, 1% Milk	Chef's Choice Day
PM Snack	Fresh Apple Slices, Sunbutter, Water Wheat Thins, Applesauce	Vanilla Wafers, Strawberry Yogurt, Water	Townhouse Crackers, American or Cheddar Cheese Slice, Water	WG Graham Crackers, Applesauce, Water	Chef's Choice Day

Infant/Toddler Serving Key Size: Milk (4oz), Fruit/Vegetable (2oz), Protein (1oz), Grain (1/2 oz) Preschool Serving Size: Milk (6oz), Fruit/Vegetable (2oz), Protein (2oz), Grain (1/2 oz) Canned fruit are in natural juices.