



# April Menu



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	30-Mar	31-Mar	1	2	3
AM Snack	<b>Chef's Choice Day</b>	WG Mini Bagel, Cream Cheese, 1% Milk	WG Cereal Oatmeal Bar, Applesauce, 1% Milk	WG French Toast Sticks, 1/2 Banana, 1% Milk	WG Cereal, Diced Pears, 1% Milk
Lunch	<b>Chef's Choice Day</b>	Turkey or Beef Tacos on a WG Tortilla (Veggie Crumbles), Diced Pears, Green Beans, 1% Milk	WG Chicken Nuggets (WG Vegan Chicken Nuggets), Tropical Fruit, Sweet Peas, 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	<b>Chef's Choice Day</b>	Strawberry Yogurt, Water	Cucumber Slices, Hummus, Water Diced Cucumbers	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, Mixed Berries, 1% Milk	WG Cereal, Strawberry Slices, 1% Milk	Diced Mangoes, Yogurt, 1% Milk	WG Muffin, Blueberries, 1% Milk	<b>Chef's Choice Day</b>
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	<b>Chef's Choice Day</b>
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	<b>Chef's Choice Day</b>
	13	14	15	16	17
AM Snack	WG Apple Cinnamon Loaf, Tropical Fruit, 1% Milk	WG Waffle, Berry Mix, 1% Milk	WG Cereal Oatmeal Bar, 1% Milk	Yogurt, Diced Peaches, 1% Milk	WG Cereal, 1/2 Banana, 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	<b>Chef's Choice Day</b>	WG Toasted Oats Cereal, 1/2 Banana, 1% Milk	WG Oatmeal Cereal Bar, 1/2 Orange, 1% Milk	WG French Toast Sticks, Diced Pears, 1% Milk	WG Scooters Cereal, 1/2 Banana, 1% Milk
Lunch	<b>Chef's Choice Day</b>	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	<b>Chef's Choice Day</b>	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, Strawberry Slices, 1% Milk	WG Cereal Oatmeal Bar, Applesauce, 1% Milk	WG Cereal, Diced Pears, 1% Milk	WG Waffle, Mixed Berries, 1% Milk	<b>Chef's Choice Day</b>
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	<b>Chef's Choice Day</b>
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	<b>Chef's Choice Day</b>

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.