



# 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
<b>AM Snack</b>	WG Cereal Oatmeal Bar, 1% Milk	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
<b>Lunch</b>	Tuna Salad Sandwiches, Applesauce, Green Beans, 1% Milk	Turkey 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
<b>PM Snack</b>	WG Pita, Hummus, Water	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
<b>AM Snack</b>	WG Waffle, Mixed Berries, 1% Milk	WG Cereal, Strawberry Slices, 1% Milk	Diced Mangoes, Yogurt, 1% Milk	WG Muffin, Blueberries, 1% Milk	WG Cereal Oatmeal Bar, 1% Milk
<b>Lunch</b>	WG Cheese Ravioli, 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	Sloppy Joes on WG Bun (Vegetarian Griller), Pineapple Tidbits, Broccoli, 1% Milk	Mini Corn Dogs (Veg Nuggets), Applesauce, Green Beans, 1% Milk
<b>PM Snack</b>	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	WG Pita, Hummus, Water
	13	14	15	16	17
<b>AM Snack</b>	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
<b>Lunch</b>	Mac N Cheese with WG Elbows, Broccoli, Diced Peaches 1% Milk	Taco Bowl - 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
<b>PM Snack</b>	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
<b>AM Snack</b>	WG French Toast Sticks, 1/2 Banana, 1% Milk	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
<b>Lunch</b>	Grilled Cheese, Tomato Soup, Diced Peaches, 1% Milk	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 Stars, Potato Coins, Pineapple Tidbits, 1% Milk
<b>PM Snack</b>	Diced Mandarin Oranges, Animal Crackers, Water	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
<b>AM Snack</b>	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	WG Apple Cinnamon Loaf, Tropical Fruit, 1% Milk
<b>Lunch</b>	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 Raviolis Mixed Veggies, Tropical Fruit, 1% Milk	Chicken Alfredo with WG Fettuccine, Broccoli, Diced Peaches 1% Milk

**PM Snack**    Fresh Apple Slices, Sunbutter, Water    Vanilla Wafers, Strawberry Yogurt,    Townhouse Crackers, American or Cheddar    WG Graham Crackers,    WG Champ Bites, Mandarin Oranges, Water  
Wheat Thins, Applesauce    Water    Cheese Slice, Water    Applesauce, Water

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**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.**