



# 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	English Muffin, Pears, 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
Lunch	Beeforoni, Mixed Veggies, Fruit Cocktail, 1% Milk	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	Yogurt, 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
AM Snack	WG Waffle, Mixed Berries, 1% Milk	WG Cereal, Strawberry Slices, 1% Milk	Diced Mangoes, Yogurt, 1% Milk	WG Muffin, Blueberries, 1% Milk	WG Cereal Bar, Tangerines, 1% milk
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	Turkey & Cheese on WG Tortilla, Oranges, Sweet peas, 1% Milk
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	Cucumber Slices, Tzatziki Dip, Water - Diced Cucumber Slices
	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	Cheese Balls, Water
	20	21	22	23	24
AM Snack	WG Oatmeal Cereal Bar, Strawberries, 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
Lunch	Chicken Nuggets, Sweet Peas, Applesauce, 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 Sticks, Potato Coins, Pineapple Tidbits, 1% Milk
PM Snack	Goldfish 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
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	WG Apples Cinnamon Loaf 1% Milk
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	Grilled Cheese Sandwich, Broccoli, Diced Pears 1% Milk
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	Townhouse Crackers, Fresh Apple Slices, Water

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.