



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
Breakfast	Chef's Choice Day	WG Mini Bagel, Cream Cheese, 1% Milk	WG Oatmeal, Applesauce, 1% Milk	WG French Toast Sticks, 1/2 Banana, 1% Milk	WG Cereal, Diced Peas, 1% Milk
Lunch	Chef's Choice Day	Turkey or Beef Tacos on a WG Tortilla (Veggie Crumbles), Diced Peas, Green Beans, 1% Milk	WG Chicken Nuggets (WG Vegan Chicken Nuggets), Tropical Fruit, Sweet Peas, 1% Milk	Spaghetti with red sauce, Salad with Ranch, Diced Peaches, 1% Milk	Pizza with WG Crust, Diced Carrots, Fruit Mix, 1% Milk
PM Snack	Chef's Choice Day	Vanilla Wafers, Strawberry Yogurt, Water	Cucumber Slices, Ranch, Water Diced Cucumber	Diced Mandarin Oranges, Animal Crackers, Water	WG Wheat Thins, Mozz String Cheese, Water - American Cheese Slice
Breakfast	WG Waffle, Mixed Berries, 1% Milk	WG Cereal, Strawberry Slices, 1% Milk	Diced blueberries, Yogurt, 1% Milk	WG Muffin, Blueberries, 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 Peas, 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
Breakfast	WG Apple Cinnamon Loaf, 1% Milk	WG Cereal, 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	Fish shapes, 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 - Whole 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, Ranch, Water - Diced Cucumber Slices
Breakfast	Chef's Choice Day	WG Toasted Oats Cereal, 1/2 Banana, 1% Milk	WG Oatmeal, 1/2 Orange, 1% Milk	WG French Toast Sticks, Diced Peas, 1% Milk	WG Cereal, 1/2 Banana, 1% Milk,
Lunch	Chef's Choice Day	Spaghetti with red sauce, Salad with Ranch, Diced Peas, 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
Breakfast	WG Cereal, Strawberry Slices, 1% Milk	WG Cereal Oatmeal Bar, Applesauce, 1% Milk	WG Cereal, Diced Peas, 1% Milk	WG Waffle, Mixed Berries, 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, Banana, 1% Milk	Chef's Choice Day
PM Snack	Fresh Apple Slices, Sunbutter, Water Wheat Thins, Applesauce	Cucumber Slices, Ranch, Water - Diced Cucumber	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 1/2 oz) **Preschool Serving Size:** Milk (6oz), Fruit/Vegetable (2oz), Protein (2oz), Grain (1 1/2 oz) **Preschool Serving Size:** Milk (6oz), Fruit/Vegetable (2oz), Protein (2oz), Grain (1 1/2 oz) **Canned fruit are in natural juices.**