

April Breakfast/Snack Menu

4/1 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	4/2 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt	4/3 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	4/4 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	4/5 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
4/8 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	4/9 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	4/10 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	4/11 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with cheese	4/12 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
4/15 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	4/16 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt	4/17 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	4/18 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	4/19 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
4/22 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	4/23 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	4/24 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	4/25 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with cheese	4/26 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
4/29 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	4/30 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Blueberry yogurt			

+Whole grain

April Lunch Menu

4/1 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit	4/2 +*Whole grain pizza Garden salad Fresh fruit	4/3 Chicken nuggets Potato soup + Whole wheat bread/butter Fresh fruit	4/4 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit	4/5 *Beans & Brown rice Tossed salad +Tortilla Fresh fruit
4/8 Chicken Alfredo with tri- color pasta Salad Fresh fruit	4/9 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit	4/10 +Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit	4/11 Chicken leg w/ buttermilk gravy Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	4/12 *Quiche Peas +Whole wheat bread/butter Fresh fruit
4/15 Power veggie beef & chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit	4/16 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	4/17 +Dirty brown rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit	4/18 Black bean, corn, & chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit	4/19 *Lasagna Tossed salad Fresh fruit
4/22 +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit	4/23 Chicken chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	4/24 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	4/25 Hamburger slider Bean medley +Whole wheat roll Fresh fruit	4/26 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit
4/29 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	4/30 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit			

*Vegetarian meal

+Whole grain

April Vegetarian Menu

4/1 Cheese tortellini w/olive oil & basil Grated cheese Spinach salad Fresh fruit	4/2 +Whole wheat pizza Garden salad Fresh fruit	4/3 Veggie nuggets Potato soup +Whole wheat bread/butter Fresh fruit	4/4 Spinach manicotti Carrots +Whole wheat bread/butter Fresh fruit	4/5 +^Beans & Brown rice Tossed salad Tortilla Fresh fruit
4/8 Tri-color pasta alfredo Salad Fresh fruit	4/9 +^Black bean and brown rice burrito w/whole wheat tortilla Corn Grated cheese Fresh fruit	4/10 +^Lentil penne & tomato sauce w/ soy Grated cheese Spinach salad Fresh fruit	4/11 Chix patty Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	4/12 Quiche – plain or broccoli Peas +Whole wheat bread /butter Fresh fruit
4/15 #Cheese omelette Spinach salad +Whole wheat bread/butter Fresh fruit	4/16 #^French Lentils W/ Thyme Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	4/17 +^Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit	4/18 Black bean, corn, & cheese quesadilla +With whole wheat tortilla Green beans Fresh fruit	4/19 Lasagna Tossed salad Fresh fruit
4/22 ^Teriyaki patty Grated cheese Tossed salad Fresh fruit	4/23 #^Vegetarian chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	4/24 Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	4/25 Gardenburger Bean medley +Whole wheat roll Fresh fruit	4/26 Quinoa, couscous, and parmesan California blend vegetables +Whole wheat bread/butter Fresh fruit
4/29 #^Vegetarian sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	4/30 +Whole grain cheese melt Tomato alphabet soup Fresh fruit			

+Whole grain # Entrée is Gluten Free

^ Entrée is Vegan