



April 2022



Breakfast & snack



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Age-appropriate milk must be served with breakfast</i></p>				<p>1 Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch</p>
<p>4 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p>5 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p>6 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p>7 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	<p>8 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes</p>
<p>11 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p>12 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt</p>	<p>13 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p>14 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p>15 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch</p>
<p>18 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese</p>	<p>19 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola</p>	<p>20 +Toasted oats Fresh fruit ~~~~~ Soft pretzel Applesauce</p>	<p>21 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese</p>	<p>22 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes</p>
<p>25 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches</p>	<p>26 Blueberry bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt</p>	<p>27 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar</p>	<p>28 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix</p>	<p>29 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch</p>

+Whole grain



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Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>			1 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
4 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	5 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	6 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	7 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	8 (V) Lasagna Tossed salad Fresh fruit
11 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	12 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	13 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	14 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	15 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
18 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	19 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	20 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	21 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	22 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
25 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	26 (V) Whole grain pizza* Garden salad Fresh fruit	27 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	28 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	29 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan