




April Lunch Menu

<p>4/1</p> <p>+Whole wheat Turk-a-roni</p> <p>Grated cheese</p> <p>Southwest salad</p> <p>Fresh fruit</p>	<p>4/2</p> <p>+*Whole grain pizza</p> <p>Garden salad</p> <p>Fresh fruit</p>	<p>4/3</p> <p>Chicken nuggets</p> <p>Potato soup</p> <p>+ Whole wheat bread/butter</p> <p>Fresh fruit</p>	<p>4/4</p> <p>*Spinach manicotti</p> <p>Winter blend vegetables</p> <p>+Whole wheat bread/butter</p> <p>Fresh fruit</p>	<p>4/5</p> <p>*Beans & Brown rice</p> <p>Tossed salad</p> <p>+Tortilla</p> <p>Fresh fruit</p>
<p>4/8</p> <p>Chicken Alfredo with tri-color pasta</p> <p>Salad</p> <p>Fresh fruit</p>	<p>4/9</p> <p>+Turkey taco w/whole wheat tortilla</p> <p>Corn</p> <p>Grated cheese</p> <p>Fresh fruit</p>	<p>4/10</p> <p>+Spaghetti & meat sauce</p> <p>Grated cheese</p> <p>Spinach salad</p> <p>Fresh fruit</p>	<p>4/11</p> <p>Chicken leg w/ buttermilk gravy</p> <p>Zucchini & yellow squash</p> <p>+Whole wheat bread/butter</p> <p>Fresh fruit</p>	<p>4/12</p> <p>*Quiche</p> <p>Peas</p> <p>+Whole wheat bread/butter</p> <p>Fresh fruit</p>
<p>4/15</p> <p>Power veggie beef & chicken stew</p> <p>Spinach salad</p> <p>+Whole wheat bread/butter</p> <p>Fresh fruit</p>	<p>4/16</p> <p>Turkey meatloaf</p> <p>Mashed sweet potatoes</p> <p>+Whole wheat bread/butter</p> <p>Fresh fruit</p>	<p>4/17</p> <p>+Dirty brown rice with beef, vegetables, quinoa and farrow</p> <p>Apple cole slaw</p> <p>Fresh fruit</p>	<p>4/18</p> <p>Black bean, corn, & chicken quesadilla</p> <p>+With whole wheat tortilla</p> <p>Green Beans</p> <p>Fresh fruit</p>	<p>4/19</p> <p>*Lasagna</p> <p>Tossed salad</p> <p>Fresh fruit</p>
<p>4/22</p> <p>+Whole wheat ziti with chicken sausage & tomato sauce, and baby kale</p> <p>Grated cheese</p> <p>Tossed salad</p> <p>Fresh fruit</p>	<p>4/23</p> <p>Chicken chili</p> <p>Broccoli & cheese salad</p> <p>+Whole wheat bread/butter</p> <p>Fresh fruit</p>	<p>4/24</p> <p>*Ravioli w/olive oil, tomato sauce & fresh basil</p> <p>Peas</p> <p>Fresh fruit</p>	<p>4/25</p> <p>Hamburger slider</p> <p>Bean medley</p> <p>+Whole wheat roll</p> <p>Fresh fruit</p>	<p>4/26</p> <p>BBQ chicken leg</p> <p>California blend vegetables</p> <p>+Whole wheat bread/butter</p> <p>Fresh fruit</p>
<p>4/29</p> <p>Turkey sloppy joe</p> <p>Corn & edamame</p> <p>+Whole wheat roll</p> <p>Fresh fruit</p>	<p>4/30</p> <p>+*Whole grain cheese melt</p> <p>Tomato alphabet soup</p> <p>Fresh fruit</p>	<p>~This menu is designed for children age 12+ months</p> <p>*Vegetarian meal</p> <p>+Whole grain</p>	<p>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.</p> <p>This institution is an equal opportunity provider</p>	 <p>Visit us at www.goodfoodco.com Age appropriate milk must be served with lunch</p>

April Vegetarian Menu

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

April Breakfast/Afternoon Snack Menu

<p>4/1 +Rice Chex Fresh fruit</p> <p>~~~~~</p> <p>Graham cracker Diced peaches</p>	<p>4/2 Cinnamon bagel w/butter Fresh fruit</p> <p>~~~~~</p> <p>Saltines Peach yogurt</p>	<p>4/3 +Kix Fresh fruit</p> <p>~~~~~</p> <p>Flatbread Sliced cheddar</p>	<p>4/4 Bran muffin Fresh fruit</p> <p>~~~~~</p> <p>Diced pears Cereal snack mix</p>	<p>4/5 +Blueberry-peach oatmeal</p> <p>~~~~~</p> <p>Whole wheat pita bread Cucumber slices</p>
<p>4/8 +Whole wheat flakes Fresh fruit</p> <p>~~~~~</p> <p>Wheat thins String cheese</p>	<p>4/9 +Wheat bagel w/cream cheese Fresh fruit</p> <p>~~~~~</p> <p>Vanilla yogurt with Granola</p>	<p>4/10 +Cheerios Fresh fruit</p> <p>~~~~~</p> <p>Soft pretzel Applesauce</p>	<p>4/11 Rice Crispies Fresh fruit</p> <p>~~~~~</p> <p>+Whole wheat pita pizza with Cheese</p>	<p>4/12 +Apple oatmeal</p> <p>~~~~~</p> <p>+Soft breadsticks Cheese cubes</p>
<p>4/15 +Rice Chex Fresh fruit</p> <p>~~~~~</p> <p>Graham cracker Diced peaches</p>	<p>4/16 Cinnamon bagel w/butter Fresh fruit</p> <p>~~~~~</p> <p>Saltines Raspberry yogurt</p>	<p>4/17 +Kix Fresh fruit</p> <p>~~~~~</p> <p>Flatbread Sliced cheddar</p>	<p>4/18 Bran muffin Fresh fruit</p> <p>~~~~~</p> <p>Diced pears Cereal snack mix</p>	<p>4/19 +Blueberry-peach oatmeal</p> <p>~~~~~</p> <p>Whole wheat pita bread Cucumber slices</p>
<p>4/22 +Whole wheat flakes Fresh fruit</p> <p>~~~~~</p> <p>Wheat thins String cheese</p>	<p>4/23 +Wheat bagel w/cream cheese Fresh fruit</p> <p>~~~~~</p> <p>Vanilla yogurt with Granola</p>	<p>4/24 +Cheerios Fresh fruit</p> <p>~~~~~</p> <p>Soft pretzel Applesauce</p>	<p>4/25 Rice Crispies Fresh fruit</p> <p>~~~~~</p> <p>+Whole wheat pita pizza with Cheese</p>	<p>4/26 +Apple oatmeal</p> <p>~~~~~</p> <p>+Soft breadsticks Cheese cubes</p>
<p>4/29 +Rice Chex Fresh fruit</p> <p>~~~~~</p> <p>Graham cracker Diced peaches</p>	<p>4/30 Cinnamon bagel w/butter Fresh fruit</p> <p>~~~~~</p> <p>Saltines Blueberry yogurt</p>	<p>~This menu is designed for children age 12+ months</p> <p>+ Whole grain</p>	<p>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</p>	 <p>Visit us at www.goodfoodco.com Age appro- priate milk must be served with lunch</p>