MEAL MENU

April 20 - 24

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Blueberry muffins Apples Milk	Lucky charms cereal Raisins Milk	French toast Pineapples Milk	Raisin bran cereal Milk	Pancakes Pears Milk
Lunch	Turkey sandwich Oranges Cucumbers Milk or Water	Bean and Cheese Burrito Peaches Green beans Milk or Water	Pita bread pizza Mozzarella cheese Apple Mixed vegetables Milk or Water	Chicken patty on Bun Oranges Baby carrots Milk or Water	Bologna sandwich Bananas Sliced tomatoes Milk or water
Snack	Veggie straws Baby carrots Water	Graham crackers Cheese slices Water	Animal crackers Yogurt Water	Pretzels Cheese slices Water	Rice Krispies Craisins Water

April 27 – May 1

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Bagel Cream cheese/Butter Raisins Milk	Apple Jacks cereal Craisins Milk	French toast Mandarin oranges Milk	Cheerios cereal Raisins Milk	Pancakes Pineapple Milk
Lunch	Sun butter/Jelly sandwich Apples Cucumbers Milk or water	Chicken nuggets French fries Oranges Celery Milk or Water	Bowtie pasta Alfredo sauce Pears Corn Milk or Water	Cheese roll up Bananas Tomato slices Milk or water	Turkey sandwich Apples Baby carrots Milk or Water
Snack	Goldfish Yogurt Water	Club crackers Cheese slices Water	Pop tarts Craisins Water	Animal crackers Dried mango Water	Pretzels Cheese sticks Water

Milk served to children is 1% lowfat milk or fat free.

Mixed vegetable contains: Peas, Carrots, Corn, Green beans

Fruit cocktail contains: Peach Pineapple, Pear, Grape

Mixed Fruit contains: Pineapple, Strawberries, Peach, Mango

Blend fruit contains: Pineapple, Honeydew, Strawberries, Mango

MEAL MENU

May 4 - 8

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Blueberry muffins Apples Milk	Lucky charms cereal Raisins Milk	French Toast Peaches Milk	Golden Grahams cereal Craisins Milk	Pancakes Pineapple Milk
Lunch	Ham sandwich Oranges Cucumber Milk or Water	Fish sticks Tater tots Bananas Baby carrots Milk or Water	Spaghetti Meatballs Pears Green beans Milk or water	Pita bread pizza Apples Tomato slices Milk or Water	Turkey sandwich Oranges Baby carrots Milk or Water
Snack	Graham crackers Craisins Water	Saltine crackers Cheese slices Water	Pretzels Yogurt Water	Ritz crackers Dried mangos Water	Rice Krispies Raisins Water

May 11 - 15

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Bagels cream cheese/butter Raisins Milk	Apple Jacks cereal Craisins Milk	French Toast Peaches Milk	Frosted flakes Raisins Milk	Pancakes Mixed fruits Milk
Lunch	Bologna sandwich Apples Cucumber Milk or Water	English muffin with cheese Bananas Broccoli Milk or Water	Mac & Cheese Pears Corn Milk or Water	Cheese Quesadilla Oranges Tomato slices Milk or Water	Sun Butter/Jelly sandwich Apples Cucumber Milk or water
Snack	Oyster crackers Cheese slices Water	Veggie sticks Raisins Water	Saltines crackers Baby carrots Water	Club crackers Yogurt Water	Pop tarts Craisins Water

Milk served to children is 1% lowfat milk or fat free.

Mixed vegetable contains: Peas, Carrots, Corn, Green beans

Fruit cocktail contains: Peach Pineapple, Pear, Grape

Mixed Fruit contains: Pineapple, Strawberries, Peach, Mango

Blend fruit contains: Pineapple, Honeydew, Strawberries, Mango