

# Little Learners Menu

April 2020

ABV	Monday	Tuesday	Wednesday	Thursday	Friday
			1	2	3
BF			Whole Wheat Toast & Bananas	Whole Wheat French Toast & Grapes	Whole Wheat English Muffin & Oranges
AMS			Fresh Vegetables with Ranch Dip	Bananas	Fruit Salad
Lnch			Cheese Burgers, Carrot Sticks, Grapes (Boca Burgers)	Whole Wheat Spaghetti with Meat Sauce, California Medley, Melon (Cheese)	Chicken Legs, Green Beans, Apple, Whole Wheat Bread (Chili Beans)
PMS			Chicken Salad & Crackers ( Cheese)	Refried Bean Dip & Tortilla	Yogurt & Juice
	6	7	8	9	10
BF	Whole Grain Cereal & Apples	Muffins & Oranges	Whole Wheat Bagel & Bananas	Whole Grain Toast & Grapes	Pancakes & Mixed Fruit
AMS	Oranges	Apple Sauce	Mandarin Oranges	Bananas	Fresh Vegetables with Ranch Dip
Lnch	Meatballs, Corn, Peaches, Wole Wheat Bread (Meatless Meatballs)	Chicken Alfredo with Whole Wheat Pasta, Broccoli Oranges (Cheese)	Sliced Turkey, Sweet Potato, Pineapple, Whole Wheat Bread (Baked Beans)	Whole Grain Grilled Cheese, Tomato Soup, Grapes	Tuna Casserole, Peas, Melon (Cheese)
PMS	Fish Crackers & Juice	Vegetable Soup with Oyster Crackers	Baked Apple and Oatmeal	Egg Salad with Whole Grain Crackers	Zucchini Bread & Juice
	13	14	15	16	17
BF	Whole Grain Cereal & Apples	Waffles & Oranges	Wheat English Muffin & Bananas	Pancakes & Grapes	Whole Grain Toast & Apples
AMS	Oranges	Apples	Fresh Vegetables with Ranch Dip	Bananas	Fruit Salad
Lnch	Lasagna, Green Beans, Pears (Cheese Lasagna)	Beef Stroganoff, Broccoli, Pineapple (Meatless meat)	Whole Wheat Macaroni & Cheese, Peas, Grapes	Chicken Casserole, Carrots, Melon (Meatless Chicken)	Ham & Cheese Sandwich, Carrots, Apples (Cheese)
PMS	Tomato Soup with Oyster Crackers	Ham Cubes and Crackers ( Cheese)	Bagels & Cream Cheese	Cornbread & Juice	Fish Crackers & Juice
	20	21	22	23	24
BF	Whole Grain Cereal & Apples	Whole Grain Toast & Oranges	French Toast & Bananas	Bagels & Grapes	Whole Wheat English Muffin & Apples
AMS	Graham Crackers	Bagels & Cream Cheese	Fresh Vegetables with Ranch Dip	Bananas	Fruit Salad
Lnch	Pulled Pork, Mixed Vegetables, Peaches, Hotdog Bun (Lentils)	Chicken & Gravy, Diced Potatoes, Oranges, Whole Grain Bread, (Meatless Chicken)	Meatloaf, Mashed Potatoes, Grapes, Whole Grain Bread (Veg. Chili)	Cheese Quesadilla, Carrot Sticks, Apples	Taco Casserole, Tomatoes, Melon ( Pinto Beans)
PMS	Chicken Noodle Soup & Carrots (Tomato)	Baked Apples & Oatmeal	Chicken Salad & Crackers ( Cheese)	Banana Bread & Juice	Yogurt & Juice
	27	28	29	30	
BF	Whole Grain Cereal & Apples	Pancakes & Oranges	Whole Wheat Toast & Bananas	Oatmeal & Grapes	
AMS	Oranges	Apple Sauce	Fresh Vegetables with Ranch Dip	Bananas	
Lnch	Chicken Tenders, Corn, Pears, Wheat Bread (Meatless Chicken)	Whole Wheat Mostaccioli & Meat Sauce, Broccoli, Apples (Cheese)	Pork Roast, Roasted Potato, Grapes, Whole Wheat Bread ( Lentils)	Baked Chicken, Carrots, Melon, Cheesy Brown Rice (Vegetarian Chili)	
PMS	Fish Crackers & Juice	Vegetable Soup with Oyster Crackers	Bagels & Cream Cheese	Egg Salad with Whole Grain Crackers	

Abbreviations:BF-Breakfast, AMS-AM Snack,Lnch-Lunch, PMS-PM Snack

Milk is served with Breakfast, AM Snack and Lunch

Vegetarian Proteins in Parentheses ( )