



APRIL 2014 BREAKFAST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1. Cheerios Cherry juice Milk	2. Wheat toast with peach jelly Peaches Milk	3. English muffin Strawberries Milk	4. Egg and cheese burrito Broc. Milk	5.
6.	7. French toast Apple sauce Milk	8. Oatmeal Blueberries Milk	9. Pancakes Apples Milk	10. Fruit loops Cranberry juice Milk Wheat toast	11. Carrots Fruit Danish Milk	12.
13.	14. Wheat toast Honeydew Milk	15. Egg and cheese burrito Mango/ pineapple juice Pineapple chunks	16. Rosie apple sauce Wheat toast Milk	17. Banana muffin Cherries Milk	18. Frosted flakes Cranberry pomegranate juice Milk	19.
20.	21. Apple Danish Pears Milk	22. Pancake Apples Milk	23. Berry berry kix White grape juice Milk	24. Lemon muffin Pineapple Milk	25. Oatmeal Banana Milk	26.
27.	28. Raisin bread Apple sauce Milk	29. Hot rice cereal Apples Milk	30. Choc chip waffles Melon balls Milk			



APRIL 2014 LUNCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1. Beef stroganoff Peas Rosie apple sauce Milk Roll	2. Tuna casserole Green beans Pears Milk Roll	3. Goulash Garlic toast Corn Apples Milk	4. Baked chicken Beans Banana & Roll Milk	5.
6.	7. Chicken dumplings Peas Carrots Milk Roll	8. Hot dog / bun California blend Apple sauce Milk	9. Stuffed tomatoes Green beans Pears Cheese cubes Milk Roll	10. Veggie lasagna Breadstick Oranges Corn Milk	11. Club sand. On wheat Turkey cheese lettuce Apples & carrots Milk	12.
13.	14. Baked ham Baked beans Biscuit, Pears Brussel sprouts Milk	15. Grilled cheese and tomato sand. Celery Apples Milk	16. Stir-fried chicken Peas Rice Bananas Milk Roll	17. Beef & veggie stew Corn muffin Grapes Apples Milk	18. Chicken nuggets Mashed pots Corn Strawberries Milk Roll	19.
20.	21. French dip on wheat Lettuce salad Pears Carrots Milk	22. Assorted cold sand Corn Honeydew Milk	23. Cube steak Mashed with gravy Green beans Roll Milk	24. Chicken and rice soup Wheat crackers Oranges & carrots Milk	25. Tacos(meat, lettuce, tomatoes, cheese) Tortillas Broc. & cauli. Milk	26.
27.	28. Ham and egg muffins Hash browns Tomato slices Peaches Milk	29. Grilled chicken Yellow rice Cauli. & broc Roll Milk	30. Chunky ham and cheese Apple wedges Strawberries Wheat thins Milk			



APRIL 2014 SNACK

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1. Blueberry muffin Milk	2. Fruit burrito / Strawberries and pineapples cinn. On older kids	3. Breadstick Milk	4. Dried fruit mix Apple juice	5.
6.	7. Cheese slices Wheat crackers	8. Apple sauce Gold fish crackers	9. Apple Danish Grape juice	10. Apple, straw, kiwi Kabobs Milk	11. String cheese OJ	12.
13.	14. Plain yogurt Strawberries Wheat toast	15. Vanilla wafers Orange slices	16. White cake Apple juice	17. Pineapple Peaches Milk	18. Chicken chunks Milk	19.
20.	21. Granola bar Kiwi/strawberry juice	22. Low-fat cheese cubes Cantaloupe	23. Choc chip muffins Milk	24. Animal crackers Blueberry pomegranate juice	25. Wheat toast with grape jelly Banana	26.
27.	28. French toast sticks Milk	29. Corndog White grape juice	30. Soft pretzel Banana Milk			