

~ April 2024 Breakfast Menu ~				
Mon	Tue	Wed	Thu	Fri
<b>1</b> 1 Cup Assorted Cereal 1/8 Cup Scrambled Eggs 1 Slice WW Bread 1/2 cup or 1 whole fruit Milk	<b>2 Tomato Cheese Toast</b> 1/8 Cup Shredded Cheese 2 Slices Tomato 1 Slice Buttered Toast 1/2 cup or 1 whole fruit Milk	<b>3</b> 1/2 Cup Oatmeal 1 Slice WW Bread 1 Hard Boiled Egg 1/2 cup or 1 whole fruit Milk	<b>4</b> 6 oz. Low Fat Yogurt 2 Tbsp. Peanut Butter 1 Slice WW Buttered Toast 1/2 cup or 1 whole fruit Milk	<b>5</b> 2 oz. Pancakes (1) 1 oz. Stripples (2) 1 Slice WW Bread 1/2 cup or 1 whole fruit Milk
<b>8</b> 1 Cup Assorted Cereal 1 oz. Breakfast link (1) 1 Slice WW Bread 1/2 cup or 1 whole fruit Milk	<b>9</b> Hash Brown Patty 1/8 Cup Scrambled Eggs 1 Slice WW Bread 1/2 cup or 1 whole fruit Milk	<b>10</b> 1/2 Cup Oatmeal 1 Slice WW Bread 1 Hard Boiled Egg 1/2 cup or 1 whole fruit Milk	<b>11 PB &amp; J Sandwiches</b> 2 Tbsp. Peanut Butter 1 Tbsp. Jelly 2 Slices WW Bread 1/2 cup or 1 whole fruit Milk	<b>12</b> 2 oz. WW French Toast 1/8 Cup Scrambled Eggs 1/2 cup or 1 whole fruit Milk
<b>15</b> 1 Cup Assorted Cereal 2 Tbsp. Peanut Butter 1 oz. Buttered Toast 1/2 cup or 1 whole fruit Milk	<b>16 Tomato Cheese Toast</b> 1/8 Cup Shredded Cheese 2 Slices Tomato 1 Slice Buttered Toast 1/2 cup or 1 whole fruit Milk	<b>17</b> 1/2 Cup Oatmeal 1 Slice WW Bread 1 Hard Boiled Egg 1/2 cup or 1 whole fruit Milk	<b>18</b> 6 oz. Low Fat Yogurt 2 Tbsp. Peanut Butter 1 Slice WW Buttered Toast 1/2 cup or 1 whole fruit Milk	<b>19</b> 2 oz. Pancakes 1 oz. Stripples (2) 1 Slice WW Bread 1/2 cup or 1 whole fruit Milk
<b>22</b> 1 Cup Assorted Cereal 1 Sausage Patty 1 Slice WW Bread 1/2 cup or 1 whole fruit Milk	<b>23</b> 2 Mini Corn Bread Muffins 1 oz. Breakfast link (1) 1 Slice WW Bread 1/2 cup or 1 whole fruit Milk	<b>24</b> 1/2 Cup Oatmeal 1 Slice WW Bread 1 Hard Boiled Egg 1/2 cup or 1 whole fruit Milk	<b>25</b> 1/2 Cup Grits 1 oz. Stripples (2) 1/8 Cup Shredded Cheese (Optional) 1 Slice Buttered Toast 1/2 cup or 1 whole fruit Milk	<b>26</b> 2 oz. WW French Toast 1/8 Cup Scrambled Eggs 1/2 cup or 1 whole fruit Milk
~ April 2024 Lunch Menu ~				
Mon	Tue	Wed	Thu	Fri
<b>1</b> 1/2 cup Mac & Cheese 3/4 cup Green Beans 2 oz. Fri Chic 1 Slice WW Bread 1/2 cup Fruit Milk	<b>2 Bean Burrito Bowl</b> 1/2 cup Beans 6-8 Tortilla Chips Lettuce, Tomato, Cheese, sour cream, salsa (Optional) Fruit Milk	<b>3</b> 1/4 cup Black Beans 1/2 cup Yellow Rice 3/4 Diced Tomato 1/2 cup Fruit Milk	<b>4</b> Cheese Pizza 3/4 cup lettuce with dressing Fruit Milk	<b>5 Plant Forward Sloppy Joe</b> (2 oz. eq. m/ma, 1/2 cup vegetable, 2 oz eq grain.) 1/4 cup meat mix 1 WW Hamburger Bun 1/2 cup fries 1/2 cup Fruit Milk
<b>8</b> 3/4 cup Baked Ziti 1 oz. Garlic WW Toasted Bread 3/4 cup Steamed Broccoli Fruit Milk	<b>9 Bean Tostada</b> WG yellow corn tostada shells (2) Pinto Beans Lettuce, Tomato, Cheese 1/2 cup Fruit Milk	<b>10 Ethiopian Split Pea Stew</b> 4.5 oz. Stew (#6 scoop) 1 cup Rice 3/4 cup Green Cabbage 1/2 cup Fruit Milk	<b>11</b> Cheese Pizza 1/2 cup Cut Cucumbers 1/2 cup Diced Tomato 1/2 cup Fruit Milk	<b>12</b> 1/2 cup Mashed Potato 1 oz. Sausage Patties w/Gravy (1) 3/4 cup Green Beans 1/2 cup Fruit Milk
<b>15</b> 3/4 cup Meat Sauce 1/2 cup spaghetti 1/4 cup cucumbers 1/2 slice WW bread 1/2 cup Fruit Milk	<b>16 Bean Burrito Bowl</b> 1/2 cup Beans 1/2 cup Brown Rice 1/2 cup Fruit Milk	<b>17</b> 1/4 cup Curry Chick Peas Stew 1/2 cup Seasoned Rice 1/4 cup Mixed Vegetables Fruit Milk	<b>18</b> Cheese Pizza 3/4 cup lettuce with dressing Salad Fruit Milk	<b>19</b> 1/4 cup Black Beans 1/2 cup Yellow Rice 3/4 cup Broccoli 1/2 cup Fruit Milk
<b>22</b> 1/2 cup Penne Pasta 1 oz. Fri chic with Alfredo Sauce 3/4 cup steamed broccoli 1/2 cup fruit Milk	<b>23 Bean Tostada</b> WG yellow corn tostada shells (2) Pinto Beans Lettuce, Tomato, Cheese 1/2 cup Fruit Milk	<b>24 Cheesy Beefy Pasta Bake</b> 1 cup Pasta Bake 1 oz. Garlic WW Toasted Bread 1/2 cup green beans 1/2 cup fruit Milk	<b>25</b> Cheese Pizza 1/2 cup Cut Cucumbers 1/2 cup Diced Tomato Fruit Milk	<b>26</b> WW Hamburger Buns 2 oz. Grillers Lettuce & Tomato 1 oz. Slice Cheese (Optional) 1/2 cup Fries Fruit Milk

Milk options may include \* K-8 \_ 8 oz. Unflavored, Strawberry or Chocolate 1% Milk and 8 oz. Soy Milk. \*1 year olds \_ 4 oz. Whole Milk \* Ages 2-5 \_ 6 oz. Unflavored 1% Milk  
Meals are served with 4 oz. of cut fresh fruit/fruit cup or whole fruit (example banana)