

# APRIL

<p>1 B: ½ slice ww toast with scrambled eggs, ½ c cantaloupe, ¾ c milk S: ½ c apple juice &amp; 5 Ritz crackers L: Taco salad with ground turkey, cheese, corn tortilla chips, ¼ c lettuce &amp; tomato, ¼ c pineapple, ¾ c milk S: ½ cheese stick, 5 multigrain crackers</p>	<p>2 B: ww pancakes, ½ c berries, ¾ c milk S: ¼ c hummus dip &amp; 6 carrot sticks L: Casserole with chicken, ¼ c broccoli, &amp; ¼c brown rice, ¼ c fruit cocktail, ¾ c milk S: 1/8 c refried beans &amp; 10 tortilla chips</p>	<p>3 B: ¼ c oatmeal , ½ c fruit cocktail, ¾ c milk S: ½ hard-boiled egg, soda crackers L: Pesto chicken with ¼ c quinoa, ¼ c green beans, ¼ c peaches, ¾ c milk S: ½ c oranges, ½ c milk</p>	<p>4 B: ½ slice enriched bagel, ½ c peaches, ¾ c milk S: ½ c fruit smoothie &amp; 5 wheat thins L: Beanie-weenie, ¼ c brown rice, ¼ c carrots &amp; broccoli, ¼ c pears, ¾ c milk S: ½ c milk, ½ c Cheerios</p>	<p>5 B: 1/3 c Kix cereal ½ c bananas, ¾ c milk S: 2 lg Multigrain crackers, ½ c oranges L: Chicken salad sandwich on ww bread, ¼ c cucumber, ¼ c tropical fruit, ¾ c milk S: 4 Triscuit crackers, ½ c milk</p>
<p>8 B: ½ slice ww french toast, ½ c orange slices, ¾ c milk S: ½ cheese stick, 5 Ritz crackers L: Curry tofu w/ ¼ c potatoes &amp; carrots, ¼ c quinoa, ¼ c pineapple, ¾ c milk, S: ½ c milk &amp; ½ c banana</p>	<p>9 B: ¾ c Greek yogurt with granola, ½ c pineapple, ¾ c milk S: 5 wheat thins, ½ c orange L: Chili with ground turkey &amp; beans, ¼ c brown rice, ¼ toss salad, ¼ c fruit cocktail, ¾ c milk S: 1/2 c Cheerios, ½ c milk</p>	<p>10 B: ww waffles ½ c berries, ¾ c milk S: ½ c fruit smoothie &amp; 8 mini pretzels L: Macaroni &amp; cheese w/ ground turkey &amp; ¼ c mixed vegetables, ¼ c peaches, ¾ c milk S: 5 Triscuits &amp; ½ c milk</p>	<p>11 B: ½ slice enriched bagel, ½ c pears, ¾ c milk S: 1 tsp peanut butter &amp; ½ c apples L: Mexican chicken, ¼ c brown rice, ¼ c green beans, ¼ c tropical fruit, ¾ c milk S: ½ cheese stick, 6 sm multigrain crackers</p>	<p>12 B: 1/3 c frosted mini wheats cereal, ½ c bananas, ¾ c milk S: 1/8 c bean dip &amp; 5 wheat thins L: ½ ww slice bread, 1 tbsp peanut butter &amp; jelly sandwich, ¼ c carrot sticks, 1oz cheese stick, ¼ c mandarin oranges, ¾ c milk S: 4 multi grain cracker ½ c milk</p>
<p>15 B: ½ slice ww toast w scrambled eggs, ½ c tropical fruit mix, ¾ c milk S: ½ c oranges, 5 Ritz crackers L: BBQ Chicken, ½ c pesto w/ enriched pasta and ¼ c green beans, ¼ c fruit cocktail, ¾ c milk S: 6 sm multigrain crackers, ½ cheese stick</p>	<p>16 B: ½ slice ww French toast, ½ c banana, ¾ c milk S: ½ c fruit smoothie &amp; 5 wheat thins L: Enriched spaghetti w/ ground turkey sauce, ¼ c toss salad, ¼ c peaches, ¾ c milk S: ½ c Kix cereal &amp; ½ c milk:</p>	<p>17 B: ¾ c Fage Greek yogurt with ¼ c granola, ½ c mandarin oranges, ¾ c milk S: 8 mini pretzel &amp; ½ c apple juice L: Teri chicken, ½ c brown rice, ¼ c peas, ¼ c tropical fruit, ¾ c milk S: 1/8 c refried beans &amp; 10 tortilla chips</p>	<p>18 B: ½ slice enriched bagel, ½ c banana, ¾ c milk S: ½ c apples, 1 tbsp peanut butter L: Ground Turkey Sloppy Joe on a ww roll ¼ c corn, ¼ c pineapple, ¾ c milk S: ½ c milk &amp; 5 lg triscuit crackers</p>	<p>19 <b>NO SCHOOL</b> <b>GOOD FRIDAY</b></p>
<p>22 B: ½ slice enriched English muffin, ½ c oranges, ¾ c milk S: ¼ c hummus w/ 5 Triscuit crackers L: Teriyaki chicken, ¼ c brown rice, ¼ c pineapple, ¼ c sesame broccoli, ¾ c milk S: 19 goldfish &amp; ½ c milk</p>	<p>23 B: ¼ c oatmeal, ½ c fruit cocktail, ¾ c milk S: ½ hard-boiled egg &amp; 4 square soda crackers L: Turkey meat loaf w/ ¼ c quinoa, ¼ c peas, ¼ c peaches, ¾ c milk S: ½ c milk &amp; ½ c apples</p>	<p>24 B: ww pancakes, ½ c berries, ¾ c milk S: .2 lg Multigrain crackers, ½ c apple juice L: Salad w/ chicken, ¼ c spring mix, ¼ c quinoa, ¼ c mandarin oranges, ¾ c milk S: Cheese quesadilla on enriched flour tortilla</p>	<p>25 B: Breakfast burrito w/ ww tortilla, eggs &amp; cheese, ½ c melon, ¾ c milk S: ½ c fruit smoothie &amp; 5 wheat thins L: Parmesan chicken, ¼ c broccoli, ¼ c brown rice, ¼ c peaches, ¾ c milk S: 5 ritz crackers, ½ c milk</p>	<p>26 B: 1/3 c Cheerios cereal, ½ c bananas, ¾ c Milk S: 1 fig bar &amp; ½ c apples L: Turkey/ cheese sandwich on ww bread, ¼ c lettuce, tomato, ¼ c pears, ¾ c milk S: ½ c milk &amp; ½ c frosted mini wheats</p>
<p>29 B: ½ slice enriched English muffin, ½ c oranges, ¾ c milk S: 8 mini pretzels &amp; ½ apple juice L: Tofu pasta pesto, mix veggies, ¼ c fruit cocktail, ¾ c milk S: ½ cheese stick, 5 Ritz crackers</p>	<p>30 B: ¾ c Greek yogurt with granola ½ c mixed berries, ¾ c milk S: 5 wheat thins, ¼ c hummus L: Teriyaki turkey meatballs, ¼ c peas, ¼ c quinoa, ¼ c pineapple, ¾ c milk S: ½ c milk &amp; ½ c banana</p>	<p>1 (MAY) B: , ½ slice ww toast w/ scrambled eggs, ½ c melon, ¾ c milk S: ½ c oranges, 2 lg multigrain crackers L: Enriched spaghetti w/ ground turkey sauce, ¼ c toss salad ¼ c pineapple, ¾ c milk S: ½ c milk, 5 Triscuit crackers</p>	<p>2 B: ½ slice ww waffles, ½ c pears, ¾ c milk S: 19 goldfish &amp; ½ c apple L: Chicken stew with ¼ c potato, carrots, &amp; celery, ¼ c brown rice, ¼ c peaches, ¾ c milk S: ½ c milk and ½ c Kix cereal</p>	<p>3 B: 1/3 c rice Chex cereal, ½ c apples, ¾ c Milk S: 1 fig bar &amp; ½ c banana L: Egg salad sandwich on ww bread, ¼ c celery &amp; carrot sticks, ¼ c mandarin oranges, ¾ c milk S: cheese quesadilla on enriched flour tortilla</p>

