

# APRIL 2019 MENU

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|--|---|--|--|
| <p><b>Breakfast</b> <b>APR 1</b><br/>Apple French Toast Bake, Turkey Sausage, Milk</p> <p><b>Lunch</b><br/>Sloppy Joes on WW Bun, Fruit, Veggies, Milk</p> <p><b>Snack</b><br/>Yogurt, Fruit, Water</p>          | <p><b>Breakfast</b> <b>2</b><br/>Cream of Wheat, Fruit, Milk</p> <p><b>Lunch</b><br/>Stroganoff Over Noodles, Veggies, Fruit, Milk</p> <p><b>Snack</b><br/>Chef's Choice, Milk</p>                         | <p><b>Breakfast</b> <b>3</b><br/>Fresh Baked Scone, Fruit, Milk</p> <p><b>Lunch</b><br/>Quinuoas w/Beans, Veggies, Fruit, Milk</p> <p><b>Snack</b><br/>Cottage Cheese, Fruit, Water</p>                                 | <p><b>Breakfast</b> <b>4</b><br/>Sugar Free Cereal, Fruit, Milk</p> <p><b>Lunch</b><br/>Chicken Sandwich on WW Bun, Veggie, Fruit, Milk</p> <p><b>Snack</b><br/>String Cheese, Fruit, Water.</p>         | <p><b>Breakfast</b> <b>5</b><br/>Quiche, Fruit, Toast, Milk</p> <p><b>Lunch</b><br/>All Natural Macaroni &amp; Cheese, Fruit, Veggie, Milk</p> <p><b>Snack</b><br/>Chef's Choice, Milk</p>                     |
| <p><b>Breakfast</b> <b>8</b><br/>Buckwheat Pancakes, Fruit, Milk</p> <p><b>Lunch</b><br/>WW Spaghetti Meatballs, Veggies, Fruit, Milk</p> <p><b>Snack</b><br/>Yogurt, Granola, Water</p>                         | <p><b>Breakfast</b> <b>9</b><br/>Sugar Free Cereal, Fruit, Milk</p> <p><b>Lunch</b><br/>Chicken Rice Casserole W/Veggies, Fruit, Milk</p> <p><b>Snack</b><br/>Fruit, Cheese, Water</p>                     | <p><b>Breakfast</b> <b>10</b><br/>Scrambled Eggs, Toast, Fruit, Milk</p> <p><b>Lunch</b><br/>Turkey Burgers on WW Bun, Fruit, Veggie, Milk</p> <p><b>Snack</b><br/>Zucchini Bread with Cinnamon Butter, Milk</p>        | <p><b>Breakfast</b> <b>11</b><br/>Oatmeal, Fruit, Milk</p> <p><b>Lunch</b><br/>Soft Shell Tacos, Whole Grain Rice, Fruit, Veggies, Milk</p> <p><b>Snack</b><br/>Cottage Cheese, Fruit, Water</p>         | <p><b>Breakfast</b> <b>12</b><br/>Apple French Toast Bake, Turkey Sausage, Milk</p> <p><b>Lunch</b><br/>Turkey Sandwich on WW, Soup, Fruit, Milk</p> <p><b>Snack</b><br/>Fruit, Graham Cracker Bars, Water</p> |
| <p><b>Breakfast</b> <b>15</b><br/>Sugar Free Cereal, Berries, Milk</p> <p><b>Lunch</b><br/>Grilled Cheese Sandwich on WW Bread, Tomato Soup, Fruit, Milk</p> <p><b>Snack</b><br/>Homemade Banana Bread, Milk</p> | <p><b>Breakfast</b> <b>16</b><br/>Oatmeal, Fruit, Milk</p> <p><b>Lunch</b><br/>WW Spaghetti &amp; Turkey Meat Balls, Veggies, Fruit, Milk</p> <p><b>Snack</b><br/>Yogurt, Granola, Water</p>               | <p><b>Breakfast</b> <b>17</b><br/>WW English Muffins, Scrambled Eggs, Fruit, Milk</p> <p><b>Lunch</b><br/>Chicken Tenders, Roasted Potatoes, Veggies, Fruit, Milk</p> <p><b>Snack</b><br/>Fruit &amp; Cheese, Water</p> | <p><b>Breakfast</b> <b>18</b><br/>Whole Wheat Pancakes, Fruit, Milk</p> <p><b>Lunch</b><br/>Tacos, Spanish Rice, Fruit, Veggies, Milk</p> <p><b>Snack</b><br/>Cottage Cheese, Fruit, Water</p>           | <p><b>19</b><br/><b>All Programs Closed - Good Friday</b></p>  |
| <p><b>Breakfast</b> <b>22</b><br/>Cream of wheat and fruit. Milk</p> <p><b>Lunch</b><br/>Baked chicken served with WW pasta salad, squash and fruit. Milk</p> <p><b>Snack</b><br/>Chef's Choice. Milk</p>        | <p><b>Breakfast</b> <b>23</b><br/>Apple French Toast Bake, Turkey Sausage, Milk</p> <p><b>Lunch</b><br/>Sloppy Joes on WW Bun, Veggies, Fruit, Milk</p> <p><b>Snack</b><br/>Banana and crackers. Water</p> | <p><b>Breakfast</b> <b>24</b><br/>Sugar Free Cereal, Fruit, Milk</p> <p><b>Lunch</b><br/>WW Pizza w/Veggies, Fruit, Milk</p> <p><b>Snack</b><br/>Veggies W/Homemade Ranch, Milk</p>                                     | <p><b>Breakfast</b> <b>25</b><br/>Baked Scone, Fruit, Milk</p> <p><b>Lunch</b><br/>All Natural WW Mac &amp; Cheese, Veggies, Fruit, Milk</p> <p><b>Snack</b><br/>Homemade Oatmeal Bars, Fruit, Water</p> | <p><b>Breakfast</b> <b>26</b><br/>Quiche, Roasted Potatoes, Fruit, Milk</p> <p><b>Lunch</b><br/>Turkey Burger on WW Bun, Veggies, Fruit, Milk</p> <p><b>Snack</b><br/>String Cheese, Apples, Water</p>         |
| <p><b>Breakfast</b> <b>29</b><br/>Sugar Free Cereal, Fruit, Milk</p> <p><b>Lunch</b><br/>Lentils with Rice, Fruit, Veggies, Milk</p> <p><b>Snack</b><br/>Yogurt with Granola, Water</p>                          | <p><b>Breakfast</b> <b>30</b><br/>Blueberry Bagels, Cream Cheese, Fruit, Milk</p> <p><b>Lunch</b><br/>Chicken Alfredo w/Veggies, Fruit, Milk</p> <p><b>Snack</b><br/>Homemade Oatmeal Bars, Milk</p>       | <p><b>Breakfast</b> <b>MAY 1</b><br/>Kale Fruit Smoothie, WW Toast, Milk</p> <p><b>Lunch</b><br/>Grilled Cheese Sandwich on WW Bread, Tomato Soup, Fruit, Milk</p> <p><b>Snack</b><br/>Chef's Choice, Milk</p>          | <p><b>Breakfast</b> <b>2</b><br/>Muffin Bars, Fruit, Milk</p> <p><b>Lunch</b><br/>Tater Tot Hot Dish w/ Veggies, Fruit, Milk</p> <p><b>Snack</b><br/>Cream Cheese &amp; Crackers, Milk</p>               | <p><b>Breakfast</b> <b>3</b><br/>Apple French Toast Bake, Milk</p> <p><b>Lunch</b><br/>Chicken Noodle Soup w/Veggies, Roll, Fruit, Milk</p> <p><b>Snack</b><br/>Cottage Cheese, Fruit, Water</p>               |

