

april

Monday	Tuesday	Wednesday	Thursday	Friday
1 pancakes and fruit cheesy chicken subs carrot sticks fruit whole milk Salsa and tortilla chips	2 blueberry muffins & whole milk meatloaf w/ zucchini mashed potatoes fruit whole milk String cheese and Ritz	3 oatmeal and fruit baked chicken brown rice broccoli whole milk fruit pizza	4 fruit and cereal spaghetti w/meat sauce green beans fruit whole milk zucchini bread	5 whole milk & fig bar turkey pinwheels lettuce and tomato fruit whole milk edamame
Inf. Substitutions: cooked carrots				
8 breakfast smoothie chili w/ground turkey fruit corn bread whole milk frozen strawberry yogurt	9 biscuits and whole milk grilled chicken sandwich carrot sticks fruit whole milk hummus and pretzel chips	10 cinnamon toast w/cream cheese strawberries roasted turkey cranberries mashed potatoes w/ gravy whole milk cheese and crackers	11 waffle and sunbutter pasta salad w/tomatoes fruit whole milk trail mix	12 bananas and cereal tomato soup grilled cheese sandwich fruit whole milk cottage cheese and watermelon
Inf. sub.: cooked carrots, crackers		Inf. substitution: oatmeal bar		
15 fruit and oatmeal turkey meatball subs green beans fruit whole milk trail mix	16 scrambled eggs and wheat toast chicken alfredo peas fruit whole milk fruit pizza	17 wheat bagel with cream cheese burritos refried beans fruit whole milk salsa and tortilla chips	18 biscuit w/whole milk chicken teriyaki broccoli fruit whole milk frozen banana pops	19 cereal and fruit sunbutter and jam sandwich carrot sticks fruit whole milk apple slices and goldfish
Inf. substitution: oatmeal bar		inf. sub.: cheese and crackers		inf. sub.: cooked carrots
22 malt-o-meal and fruit baked ziti and ground turkey w/tomato sauce fruit whole milk bell peppers and dip	23 yogurt parfait baked potato w/ grilled chicken, and broccoli fruit whole milk zucchini bread	24 banana muffin w/milk nachos w/ground turkey guacamole and tomatoes fruit whole milk cucumbers, carrot sticks, and dip	25 strawberries and cereal burger sweet potato fries fruit whole milk cinnamon chips	26 scrambled eggs and wheat toast pizza garden salad fruit whole milk fruit popsicles
inf. sub.: cheese and crackers		inf. sub.: oatmeal bar		inf. sub.: oatmeal bar
28 yogurt parfait tacos w/ground turkey lettuce and tomato fruit whole milk pretzel chips and hummus	29 wheat bagel and cream cheese grilled chicken salad fruit Hawaiian rolls whole milk fruit and rice crispy treats	30 pancakes and bananas mini egg muffins mixed raw veggies fruit whole milk pudding		
inf. sub.: crackers		inf. sub.: green beans		

