



Spring Menu - April

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1:	4/1/2019	4/2/2019	4/3/2019	4/4/2019	4/5/2019
AM SNACK:	Mini bagel and cinnamon apples	Chex with milk & berries	Bananas & yogurt	Wheat muffins, cream cheese and jam	Green smoothie: celery, cucumber, apple, avocado, graham crackers
LUNCH:	Taco Salad: lettuce salad with ground turkey, spinach, tomato, tortilla chips, cantaloupe V- beans	Toasted ham, cheese and spinach sandwich, corn, strawberries	Worldly Wednesday: Roman style chicken, red peppers, onions, capers, tomatoes with brown rice, oranges V- tofu	Toasted egg & cheese sandwich, peas, cauliflower, pears. V- egg	Three bean chili with peppers and carrots, served w/ macaroni pasta, oranges I- apple
PM SNACK:	Apples and graham crackers	Blueberry bread & bananas	Apples and cheese sticks	Pinto bean dip and tortilla chips I- crackers	Melon and sweet potato crackers I- banana
WEEK 2:	4/9/2018	4/10/2018	4/11/2018	4/12/2018	4/13/2018
AM SNACK:	Blueberry yogurt & granola	Cheerios, milk, & apples	Apple & cinnamon oatmeal	Toast, sunflower butter & Oranges I-Banana	Banana, strawberry smoothie w/ Soy Milk
LUNCH:	Meatless Monday: Lentils and rice with kale & carrots, apples	Taco Tuesday: Black beans with lettuce, zucchini, tomato salsa and cheese on flour tortillas, blueberries. I-banana	Worldly Wednesday: Couscous w/ corn, tomato and chicken, red cabbage salad, blueberries. V- egg	Thumbs Up Thursday: Spaghetti w/ turkey marinara sauce, sides of spinach, asparagus, pears & , V-lentils	Soupy Friday: Sausage and spinach soup, with asparagus, oyster crackers and apples
PM SNACK:	Apples & pretzels	Nachos with cheese and salsa I- goldfish & cheese	Pears & mozzarella cheese	Oranges & Rice cakes. I- banana	Strawberries & graham crackers I- banana
WEEK 3:	4/16/2018	4/17/2018	4/18/2018	4/19/2018	4/20/2018
AM SNACK:	Cheese grits & bananas	Special K cereal & milk and blueberries	Cheesy scrambled eggs w/ toast.	Banana bread & bananas	Whole wheat muffins & cream cheese w/ apples
LUNCH:	Meatless Monday: Kidney beans and shell pasta salad w/ carrots, peas, bananas.	Taco Tuesday: BBQ tofu bites in a corn tortilla w/ rice and roasted broccoli, pears.	Worldly Wednesday: Quinoa, chicken & corn casserole , green beans, oranges V- kidney beans	Thumbs Up Thursday: Ground turkey w/ roasted potatoes, brussel routs, blueberries V-egg	Soupy Friday: Roasted tomato & red pepper soup, toasted cheese whole wheat sandwich, carrots, bananas
PM SNACK:	Apples & cheddar cheese	Toast, sunflower butter and oranges	Watermelon & Cheerios	Black bean.tomato, cilantro salsa with chips. I- veggie stix	veggie stix & oranges. I- pears
WEEK 4:	4/23/2018	4/24/2018	4/25/2018	4/26/2018	4/27/2018
AM SNACK:	Vanilla yogurt with apples	Cheerios with strawberries, soy milk	Graham crackers and bananas	mini bagel and blueberries	Toast, sunflower butter & bananas
LUNCH:	Meatless Monday: Cheesy zucchini and garbanzo bean enchiladas garlic, onion, cauliflower, strawberries, V- egg	Taco Tuesday: Chicken, tomatoes, cheese, cilantro, spinach salad, apples V- black beans	Worldly Wednesday: Toasted ham and cheese sandwich, cucumbers, green beans, pears. V- cheese	Thumbs Up Thursday: Chicken salad w/ celery, brown rice and broccoli, carrots, pears V- egg salad	Soupy Friday: Cauliflower soup, carrots, cornbread, cheese sticks, watermelon
PM SNACK:	Pita chips and hummus I- veggie stix	Whole wheat English muffins w/ fig jam and bananas	Apples and pretzels	Pears and mozzarella cheese	Oatmeal, chocolate chip cookies with apples

Each lunch is served with milk. Children who arrive before 8:00 am will be served fruit and a grain.