

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL	2 NO SCHOOL	3 B – Pancakes, berries S – Cottage cheese, peaches L – Pineapple chicken, rice, peas, grapes, cucumbers S – Carrots, cucumbers, hummus	4 B – Eggs, toast, oranges S- Quesadilla L – Gr. Cheese, tomato soup, broccoli, pears, applesauce S- Trail Mix	5 B – English Muffin, fruit S – Cottage cheese, pineapple L – Turkey taco, rice, beans oranges, apples S – Rice cake, sunbutter, raisins
8 B – Oatmeal, berries S – Rice cake, sun butter, raisins L – Spaghetti, peas, apples, celery S – Apples and cheese	9 B – Sausage, oranges, toast S – Popcorn, raisins L – Lentils, rice, red peppers, apples, carrots S – Crackers, cream cheese, cucumbers	10 B – Cereal, banana S – Apples, sun butter L – Tuna sandwich, fries grapes, celery, cauliflower S- Chips and salsa	11 B – Hashbrowns, eggs, oranges S – Quesadilla L – Chicken noodle soup, wh. wheat roll, apples, peas S – Carrots, cucumbers hummus	12 B – Muffin, fruit S – Cheese and crackers L – Mini-Pizza, olives, applesauce, broccoli S – Trail Mix
15 B – Yogurt, berries, granola S- Apples and cheese L – Turkey burger, fries, pears & peaches S- Carrots, cucumbers, hummus	16 B – Cereal, banana S – Quesadilla L – Baked chicken bites, quinoa, red peppers, peas, grapes S – Trail Mix	17 B – Pancakes, berries S – Strawberry, cream cheese sandwich L – Pineapple chicken, rice, peas, grapes, cucumbers S – Carrots, cucumbers, hummus	18 B – Eggs, toast, oranges S- Carrots, cucumbers, hummus L – Gr. Cheese, tomato soup, broccoli, pears, applesauce S- Trail Mix	19 B – English Muffin, fruit S – Cottage cheese, pineapple L – Turkey taco, rice, beans oranges, apples S – Rice cake, sunbutter, raisins
22 B – Oatmeal, berries S – Rice cake, sun butter, raisins L – Spaghetti, peas, apples, celery S – Apples and cheese	23 B – Sausage, oranges, toast S – Popcorn, raisins L – Lentils, rice, red peppers, apples, carrots S – Crackers, cream cheese, cucumbers	24 B – Cereal, banana S – Apples, sun butter L – Tuna sandwich, fries grapes, celery, cauliflower S- Chips and salsa	25 B – Hashbrowns, eggs, oranges S – Quesadilla L – Chicken noodle soup, wh. wheat roll, apples, peas S – Carrots, cucumbers, hummus	26 B – Muffin, fruit S – Cheese and crackers L – Mini-Pizza, olives, applesauce, broccoli S – Trail Mix
29 B – Yogurt, berries, granola S- Apples and cheese L – Turkey burger, fries, pears & peaches S- Carrots, cucumbers, hummus	30 B – Cereal, banana S – Quesadilla L – Baked chicken bites, quinoa, red peppers, peas, grapes S – Trail Mix			