

# Harvest of the month: April 2023 Strawberries



	Monday 4/3/23	Tuesday 4/4/23	Wednesday 4/5/23	Thursday 4/6/23	Friday 4/7/23
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT WAFFLES SLICED STRAWBERRIES *MILK	MULTI GRAIN CHEERIOS 100% ORANGE JUICE *MILK	WHOLE GRAIN PANCAKES APPLESAUCE *MILK	<b>NATIONAL BURRITO DAY</b> <b>BREAKFAST BURRITO</b> WHOLE WHEAT TORTILLA HOME MADE VEGGIE SALSA *MILK	ENRICHED OATMEAL RASPBERRIES *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	SAVORY TUNA SALAD ENRICHED CROISSANT APPLE SLICES SLICED CUCUMBERS & TOMATOES *MILK	HAM & CHEESE PINWHEELS WHOLE GRAIN TORTILLA BLUEBERRIES TOSSED SALAD *MILK	<b>NATIONAL DEEP DISH PIZZA DAY</b> HOME MADE EXTRA CHEESE WHOLE WHEAT PIZZA CRUST PEACHES MIXED VEGETABLES * MILK	CHICKEN SALAD WHOLE WHEAT PITA POCKETS PINEAPPLE TIDBITS BROCCOLI COLESLAW *MILK	GROUND BEEF NACHO SALAD WHOLE WHEAT NACHO CHIPS PINTO BEANS CORN ON THE COB *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	MULTIGRAIN CRACKERS BANANA & BLUEBERRY SMOOTHIE  WATER	WHOLE GRAIN SUNCHIPS PLUM SLICES  WATER	ENRICHED GRAHAM CRACKERS KIWI SLICES  WATER	ANTS ON A LOG CELERY STICKS PEANUT/SOY/WOW BUTTER RAISINS WATER	ENRICHED SALTINE CRACKERS HM CHICKEN NOODLE SOUP  WATER
<b>TWO COMPONENTS</b>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<i>* One year olds are served White Whole Milk. Two years old and older are served white 1% or Fat Free Milk. Milk substitutes must have a medical</i>					

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	Monday 4/10/23	Tuesday 4/11/23	Wednesday 4/12/23	Thursday 4/13/23	Friday 4/14/23
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT WAFFLE STICKS PLUMS *MILK	WHOLE GRAIN MAPLE OATMEAL PEACHES *MILK	MULTI GRAIN CHEESE TOAST CINNAMON APPLESAUCE *MILK	TURKEY SAUSAGE TATOR TOTS BLUEBERRIES *MILK	MULTI GRAIN CHEERIOS RASPBERRIES *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	GRILLED CHICKEN & SPINACH WHOLE WHEAT TORTILLA WRAP STRAWBERRIES PEAS & CARROTS *MILK	FISH STICKS WHOLE WHEAT ROLL HONEY DEW MELON SWEET POTATO FRIES *MILK	<b>GRILLED CHEESE SANDWICH DAY</b> EXTRA CHEDDAR CHEESE WHOLE WHEAT TOAST APRICOTS TOMATO SOUP * MILK	CHICKEN NUGGETS WHOLE WHEAT ROLL FRUIT SALAD SAUTEED MUSHROOMS *MILK	BEEF MEATBALL SUB WHOLE WHEAT SUB ROLL APPLE SLICES YELLOW SQUASH *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT CRACKERS BROCCOLI FLORETS W/ RANCH DIP (OPTIONAL) WATER	YOGURT PARFAIT CRUSH GRAHAM CRACKERS LOWFAT YOGURT MANGO SLICES WATER	FRUIT PIZZA w/CREAM CHEESE WHOLE WHEAT FLATBREAD BLUEBERRIES WATER	<input type="checkbox"/> SAVORY WAFFLE-WICH WHOLE WHEAT WAFFLE TUNA & CHEESE WATER	WHOLE GRAIN CHIPS FRESH GUACAMOLE  WATER
<b>TWO COMPONENTS</b>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
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	Monday 4/17/23	Tuesday 4/18/23	Wednesday 4/19/23	Thursday 4/20/23	Friday 4/21/23
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT WAFFLE WARMED BLUEBERRY COMPOTE *MILK	WHOLE GRAIN FRENCH TOAST TATOR TOTS *MILK	<b>NATIONAL BANANA DAY</b> WHOLE WHEAT PANCAKES BANANAS *MILK	WHOLE WHEAT BAGEL PINEAPPLE *MILK	KIX CEREAL STRAWBERRIES *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	LETTUCE WRAP TACO GROUND CHICKEN ENRICHED BROWN RICE PEACHES ZESTY CORN *MILK	HOMEMADE MAC AND CHEESE ENRICHED NOODLES FRUIT COCKTAIL SUMMER SQUASH *MILK	BODACIOUS QUESADILLA WHOLE WHEAT QUESADILLA EXTRA CHEESE ORANGE SLICES BROCCOLI * MILK	<b>LIMA BEAN RESPECT DAY</b> CHICKEN NUGGETS WHOLE WHEAT ROLL SLICED STRAWBERRIES LIMA BEANS *MILK	BREAKFAST FOR LUNCH TURKEY SAUSAGE MULTI GRAIN TOAST SLICED KIWI BAKED TATOR TOTS *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	HAM & CHEESE PINWHEELS WHOLE WHEAT TORTILLA WATER	<b>ANIMAL CRACKERS BIRTHDAY</b> ENRICHED ANIMAL CRACKERS PLUM SLICES WATER	WHOLE GRAIN CRACKERS VEGETABLE SOUP WATER	ENRICHED GRAHAM CRACKERS APRICOT SLICES WATER	ENRICHEZ PRETZELS HUMMUS WATER
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>TWO COMPONENTS</b>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
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	Monday 4/24/23	Tuesday 4/25/23	Wednesday 4/26/23	Thursday 4/27/23	Friday 4/28/23
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED CHICKEN BISCUIT MANDARIN ORANGES *MILK	WHOLE WHEAT TOAST W/EGG TURKEY SAUSAGE MIXED BERRIES *MILK	WHOLE WHEAT WAFFLE STRAWBERRIES & BANANA SMOOTHIE *MILK	ENRICHED CROISSANT APRICOTS *MILK	WHOLE WHEAT MINI BAGEL PLUMS *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHILI MAC W/GROUND TURKEY WHOLE WHEAT PASTA DICED PEARS GREEN BEANS *MILK	GUACAMOLE CHICKEN WRAP WHOLE GRAIN TORTILLA MANGO CHUNKS MINI CORN ON THE COB *MILK	SAVORY TUNA SANDWICH WHOLE WHEAT FRENCH BREAD APPLESAUCE SWEET PEAS * MILK	ROASTED HAM SLIDERS ENRICHED HAWAIIAN ROLL PINEAPPLE CHUNKS TOSSED SALAD *MILK	BLACK BEAN & VEGGIE QUESADILLA BLACK BEANS WHOLE WHEAT TORTILLA FRUIT COCKTAIL SUMMER SQUASH *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	SUGAR SNAP PEAS APPLE SLICES WATER	YOGURT WG QUAKER RICE CRISPS WATER	WHOLE WHEAT BREAD EGG SALAD WATER	SAVORY WAFFLE-WICH TURKEY & CHEESE ENRICHED WAFFLE WATER	ENRICHED PITA CHIPS CRISPY ROASTED CHICKPEAS WATER
<b>TWO COMPONENTS</b>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
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<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>TWO COMPONENTS</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>* One year olds are served White Whole Milk. Two years old and older are served white 1% or Fat Free Milk. Milk substitutes must have a medical</i>					