

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
BREAKFAST 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	NATIONAL BURRITO DAY BREAKFAST BURRITO 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
LUNCH 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	NATIONAL DEEP DISH PIZZA DAY 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
PM SNACK 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
	<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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	OVEN ROASTED CHICKEN WHOLE WHEAT ROLL WATERMELON STEAMED ZUCCHINI *MILK	INTERNATIONAL CARROT DAY BLACK BEAN BURGER WHOLE WHEAT BURGER BUN HONEY GLAZED CARROTS FRENCH FRIES * MILK	BAKED FISH FILET ENRICHED HUSH PUPPY MANGO CHUNKS SPINACH * MILK	NATIONAL CARBONARA DAY CHICKEN STRIPS WHOLE WHEAT SPAGHETTI PASTA STRAWBERRIES SWEET PEAS *MILK	SLICED TURKEY PANINI WHOLE WHEAT PITA GREEN APPLE SLICES TOSSED SALAD * 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
* 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					



	Monday 4/10/23	Tuesday 4/11/23	Wednesday 4/12/23	Thursday 4/13/23	Friday 4/14/23
BREAKFAST 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
LUNCH 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	GRILLED CHEESE SANDWICH DAY 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
PM SNACK 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
TWO COMPONENTS	<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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	STEAK BURRITO BOWL ENRICHED BROWN RICE WATERMELON SHAPES HOMEMADE PICO DE GALLO *MILK	SLICED TURKEY SUB MULTI GRAIN SUB ROLL CANTALOUPE SLICED ENGLISH CUCUMBERS * MILK	PORK LOIN W/GRAVY WHOLE WHEAT ROLL FRUIT COCKAIL MASHED POTATOES * MILK	BEEF SLOPPY JOE WHOLE WHEAT BUN FRENCH FRIES BAKED BEANS *MILK	ASIAN CHICKEN ENRICHED BROWN RICE PINEAPPLES GARLIC BROCCOLI * 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
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	Monday 4/17/23	Tuesday 4/18/23	Wednesday 4/19/23	Thursday 4/20/23	Friday 4/21/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT WAFFLE WARMED BLUEBERRY COMPOTE *MILK	WHOLE GRAIN FRENCH TOAST TATOR TOTS *MILK	NATIONAL BANANA DAY 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
LUNCH 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	LIMA BEAN RESPECT DAY 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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	HAM & CHEESE PINWHEELS WHOLE WHEAT TORTILLA WATER	ANIMAL CRACKERS BIRTHDAY 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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	EXTRA CHEESE PIZZA WHOLE WHEAT CRUST HONEYDEW MELON CARROT STICKS *MILK	CHICKEN NUGGETS WHOLE WHEAT ROLLS DICED PEARS STEAMED ZUCCHINI * MILK	BAKED FISH FILLET ENRICHED HUSH PUPPY PINEAPPLE ROASTED CORN * MILK	TERIYAKI SHRIMP ENRICHED FRIED RICE ORANGE SLICES STIR FRY VEGETABLES *MILK	MINI PORK SLIDERS WHOLE WHEAT MINI BUNS PARMESEAN FRENCH FRIES ROASTED CARROTS * 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
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	Monday 4/24/23	Tuesday 4/25/23	Wednesday 4/26/23	Thursday 4/27/23	Friday 4/28/23
BREAKFAST 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
LUNCH 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
PM SNACK 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
TWO COMPONENTS	<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
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	TURKEY MEATBALLS WHOLE WHEAT ROLL MASHED POTATOES MIXED VEGETABLES *MILK	FISH STICKS ENRICHED HUSH PUPPIES PEARS SWEET POTATO FRIES * MILK	SPINACH SALAD BAKED CHICKEN STRIPS WHOLE GRAIN BREADSTICKS APRICOT HALVES TOMATO SOUP * MILK	CHEESEBURGER WHOLE WHEAT BUN KIWI BAKED BEANS *MILK	CHICKEN ALFREDO WHOLE GRAIN PENNE ORANGE SLICES BROCCOLI * 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
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BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LUNCH 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"/>
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS					
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DINNER 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"/>
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