



	Monday 4/1/24	Tuesday 4/2/24	Wednesday 4/3/24	Thursday 4/4/24	Friday 4/5/24
BREAKFAST	WAFFLE FRUIT PIZZA RECIPE	·	·	·	·
Whole Grain/Grain Alternate	WHOLE GRAIN WAFFLES	MULTI GRAIN CHEERIOS	TURKEY SAUSAGE	WHOLE GRAIN MINI BAGEL	ENRICHED OATMEAL
Vegetable or Fruit	SLICED STRAWBERRIES	100% ORANGE JUICE	WHOLE GRAIN TOAST	RASPBERRIES	ORANGES
Fluid Milk	*MILK	*MILK	HASHBROWNS	*MILK	*MILK
			*MILK		
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
AM SNACK			ROASTED ZESTY CHICKPEAS RECIPE		
Meat/Meat Alternate	ENRICHED MUFFIN	YOGURT YOGURT	OVEN ROASTED CHICKPEAS	ENRICHED CREAM OF WHEAT	ENRICHED BISCUITS W/GRAVY
Whole Grain/Grain Alternate	PEACHES HALVES	WG QUAKER RICE CRISPS	PEARS	APRICOTS	SAUSAGE PATTY
Vegetable or Fruit					PLUMS
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH		NATIONAL PEANUT BUTTER & JELLY DAY			
Meat/Meat Alternate	SAVORY TUNA SALAD	PEANUT/WOW/SUN BUTTER	HOME MADE EXTRA CHEESE	CHICKEN SALAD	GROUND BEEF NACHO SALAD
Whole Grain/Grain Alternate	ENRICHED CROISSANT	WHOLE WHEAT BREAD	WHOLE WHEAT PIZZA CRUST	WHOLE WHEAT PITA POCKETS	WHOLE WHEAT NACHO CHIPS
Vegetable or Fruit	APPLE SLICES	BLUEBERRIES	PEACHES	PINEAPPLE TIDBITS	PINTO BEANS
Vegetable	SLICED CUCUMBERS	TOMATO BISQUE SOUP	MIXED VEGETABLES	BROCCOLI COLESLAW	ZESTY CORN ON THE COB
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
PM SNACK				ANTS ON A LOG	
Meat/Meat Alternate	MULTIGRAIN CRACKERS	WHOLE GRAIN SUNCHIPS	ENRICHED GRAHAM CRACKERS	CELERY STICKS	ENRICHED SALTINE CRACKERS
Whole Grain/Grain Alternate	BANANA & BLUEBERRY SMOOTHIE	PLUM SLICES	KIWI SLICES	PEANUT/SOY/WOW BUTTER	LENTIL SOUP
Vegetable or Fruit				RAISINS	
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER				NATIONAL BURRITO DAY	
Meat/Meat Alternate	OVEN ROASTED CHICKEN	BLACK BEAN BURGER	BAKED FISH FILET	CHICKEN STRIPS	SLICED TURKEY PANINI
Whole Grain/Grain Alternate	WHOLE WHEAT ROLL	WHOLE WHEAT BURGER BUN	ENRICHED HUSH PUPPY	WHOLE WHEAT TORTILLA	WHOLE GRAIN PITA
Vegetable or Fruit	WATERMELON	HONEY GLAZED CARROTS	MANGO CHUNKS	GROOVY GRAPES (CUT)	GREEN APPLE SLICES
Vegetable	STEAMED ZUCCHINI	FRENCH FRIES	SPINACH	FRESH PICO DE GALLO	SWEET PEAS
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
EVENING SNACK					
Meat/Meat Alternate	ENRICHED CHEEZ-IT	ENRICHED ANIMAL CRACKERS	ENRICHED RITZ CRACKERS	WHOLE GRAIN SESAME STICKS	GREEK YOGURT &
Whole Grain/Grain Alternate	FRUIT COCKTAIL	CRUSHED PINEAPPLE	CHEDDAR CHEESE CUBES	SAVORY HUMMUS	CUCUMBER SALAD
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	Whole Grain	☐ Whole Grain	☐ 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 statement.				
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	Monday 4/8/24	Tuesday 4/9/24	Wednesday 4/10/24	Thursday 4/11/24	Friday 4/12/24	
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN 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 ORANGE SMILES *MILK	
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	
AM SNACK						
Meat/Meat Alternate	WHOLE WHEAT BREAD	ENRICHED CHEESE CRACKERS	WHOLE WHEAT BAGEL	TURKEY ROLLUP	WHOLE GRAIN CRACKERS	
Whole Grain/Grain Alternate	AVOCADO SLICES	CELERY STICKS W/DIP	STRAWBERRIES	WHOLE WHEAT TORTILLA	SPLIT PEA SOUP	
Vegetable or Fruit						
Fluid Milk	WATER	WATER	WATER	WATER	WATER	
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	
LUNCH					GRILLED CHEESE SANDWICH DAY	
Meat/Meat Alternate	GRILLED CHICKEN & SPINACH	FISH STICKS	HOT HAM & CHEESE	VEGAN CHILI W/ RED BEANS	EXTRA CHEDDAR CHEESE	
Whole Grain/Grain Alternate	WHOLE WHEAT TORTILLA WRAP	WHOLE WHEAT ROLL	WHOLE GRAIN HAWAIIN BREAD	WHOLE WHEAT ROLL	WHOLE WHEAT TOAST	
Vegetable or Fruit	STRAWBERRIES	HONEY DEW MELON	KIWI	FRUIT SALAD	APRICOTS	
Vegetable	PEAS & CARROTS	SWEET POTATO FRIES	TOSSED SALAD	CARROT STICKS	SPLIT PEA SOUP	
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK	
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	
PM SNACK		YOGURT PARFAIT				
Meat/Meat Alternate	ENRICHED SALTINE CRACKERS	CRUSH GRAHAM CRACKERS	FRUIT PIZZA W/CREAM CHEESE	KALE SALAD	WHOLE GRAIN CHIPS	
Whole Grain/Grain Alternate	BROCCOLI FLORETS	LOWFAT YOGURT	WHOLE WHEAT FLATBREAD	RASPBERRIES	FRESH GUACAMOLE	
Vegetable or Fruit	W/ RANCH DIP (OPTIONAL)	MANGO SLICES	BLUEBERRIES			
Fluid Milk	WATER	WATER	WATER	WATER	WATER	
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	
DINNER						
Meat/Meat Alternate	BLACK BEAN BURRITO BOWL	SLICED TURKEY SUB	PORK LOIN W/GRAVY	BEEF SLOPPY JOE	ASIAN CHICKEN	
Whole Grain/Grain Alternate	ENRICHED BROWN RICE	MULTI GRAIN SUB ROLL	WHOLE GRAIN ROLL	WHOLE GRAIN BUN	ENRICHED BROWN RICE	
Vegetable or Fruit	WATERMELON SHAPES	CANTALOUPE	FRUIT COCKAIL	FRENCH FRIES	PINEAPPLES	
Vegetable	HOMEMADE PICO DE GALLO	SLICED ENGLISH CUCUMBERS	MASHED POTATOES	BAKED BEANS	GARLIC BROCCOLI	
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK	
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	
EVENING SNACK						
Meat/Meat Alternate	WHOLE WHEAT SESAME STICKS	ENRICHED CROISSANT	WHOLE WHEAT TRISCUITS	WHOLE WHEAT RICE CRISPS	ENRICHED ANIMAL CRACKERS	
Whole Grain/Grain Alternate	BOILED EGG	MIXED FRUIT	CARROT STICKS	CHEDDAR CHEESE CUBES	APRICOT HALVES	
Vegetable or Fruit	BOILED ESS	MIXEDIROIT	CARROT STICKS	CHEDDAR CHEESE CODES	AIRIGOT FIADVES	
Fluid Milk	WATER	WATER	WATER	W <i>A</i> TER	WATER	
TWO COMPONENTS	Whole Grain	Whole Grain	☐ Whole Grain	Whole Grain	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 statement					





	Monday 4/15/24	Tuesday 4/16/24	Wednesday 4/17/24	Thursday 4/18/24	Friday 4/19/24
BREAKFAST			NATIONAL BANANA DAY		
Whole Grain/Grain Alternate	WHOLE WHEAT WAFFLE	WHOLE GRAIN FRENCH TOAST	WHOLE WHEAT PANCAKES	WHOLE GRAIN GRANOLA	ENRICHED KIX CEREAL
Vegetable or Fruit	WARMED BLUEBERRY COMPOTE	HASHBROWNS	BANANAS	YOGURT	MANGO STRIPS
Fluid Milk	*MILK	*MILK	*MILK	PINEAPPLE	*MILK
				*MILK	
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
AM SNACK					
Meat/Meat Alternate	ENRICHED ENGLISH MUFFIN	ENRICHED OATMEAL	ENRICHED GRITS	ENRICHED CLUB CRACKERS	ENRICHED MUFFIN
Whole Grain/Grain Alternate	DICED PLUMS	RASPBERRIES	PEACHES	WATERMELON	BLUEBERRIES
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH	LETTUCE WRAP TACO	DAY OF THE MUSHROOM	BODACIOUS QUESADILLA		BREAKFAST FOR LUNCH
Meat/Meat Alternate	GROUND CHICKEN	MUSHROOM CHEESE PIZZA RECIPE	WHOLE WHEAT QUESADILLA	CHICKEN NUGGETS	TURKEY SAUSAGE
Whole Grain/Grain Alternate	ENRICHED BROWN RICE	WHOLE WHEAT PIZZA CRUST	EXTRA CHEESE	WHOLE WHEAT ROLL	MULTI GRAIN TOAST
Vegetable or Fruit	PE <i>AC</i> HES	FRUIT COCKTAIL	ORANGE SLICES	SLICED STRAWBERRIES	SLICED KIWI
Vegetable	ZESTY CORN	MUSHROOMS	BROCCOLI	LIMA BEANS	BAKED TATER TOTS
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
PM SNACK				ANIMAL CRACKERS BIRTHDAY	
Meat/Meat Alternate	HAM & CHEESE PINWHEELS	ENRICHED GRAHAM CRACKERS	WHOLE GRAIN CRACKERS	ENRICHED ANIMAL CRACKERS	ENRICHED PRETZELS
Whole Grain/Grain Alternate	WHOLE GRAIN TORTILLA	APRICOT SLICES	VEGETABLE SOUP	KIWI SLICES	SAVORY HUMMUS
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER					
Meat/Meat Alternate	SAVORY TUNA FISH	CHICKEN NUGGETS	BAKED FISH FILLET	TERIYAKI SHRIMP	MINI PORK SLIDERS
Whole Grain/Grain Alternate	WHOLE WHEAT FLATBREAD	WHOLE GRAIN ROLLS	ENRICHED HUSH PUPPY	ENRICHED FRIED RICE	WHOLE WHEAT MINI BUNS
Vegetable or Fruit	HONEYDEW MELON	DICED PEARS	PINEAPPLE	ORANGE SLICES	PARMESEAN FRENCH FRIES
Vegetable	CARROT STICKS	ROASTED ZUCCHINI	ROASTED CORN	STIR FRY VEGETABLES	ROASTED CABBAGE
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
EVENING SNACK			FRUIT & CHEESE KABOBS		
Meat/Meat Alternate	ENRICHED GRAHAM CRACKERS	WHOLE GRAIN TRISCUIT CRACKERS	CHEDDAR CHEESE CUBES	PEANUT/SOY/WOW BUTTER	WHOLE GRAIN SALTINE CRACKERS
Whole Grain/Grain Alternate	MANGO SLICES	BOILED EGG HALVES	STRAWBERRIES	GREEN APPLE SLICES	HM CHICKEN NOODLE SOUP
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ 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 statement.				





	Monday 4/22/24	Tuesday 4/23/24	Wednesday 4/24/24	Thursday 4/25/24	Friday 4/26/24
BREAKFAST					
Whole Grain/Grain Alternate	ENRICHED CHICKEN BISCUIT	WHOLE WHEAT TOAST W/EGG	WHOLE WHEAT WAFFLE	ENRICHED CROISSANT	WHOLE WHEAT MINI BAGEL
Vegetable or Fruit	MANDARIN ORANGES	TURKEY SAUSAGE	KIWI SLICES	APRICOTS	PLUMS
Fluid Milk	*MILK	MIXED BERRIES	*MILK	*MILK	*MILK
		*MILK			
	☐ Whole Grain	☐ Whole Grain	Whole Grain     ✓ Market Street     Whole Grain	☐ Whole Grain	☐ Whole Grain
AM SNACK				NATIONAL ZUCCHINI BREAD DAY	BANANA SUSHI ROLL
Meat/Meat Alternate	WHOLE WHEAT CHEESE TOAST	FRUIT PIZZA W/CREAM CHEESE	WHOLE GRAIN RICE CAKE	HM ZUCCHINI BREAD	WHOLE WHEAT TORTILLA
Whole Grain/Grain Alternate	WATERMELON SHAPES	WHOLE WHEAT MINI BAGEL	HONEYDEW MELON	STRAWBERRY SMOOTHIE	BANANA
Vegetable or Fruit		PEARS & BLUEBERRIES			PEANUT/WOW/SOY BUTTER
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH					BLACK BEAN & VEGGIE QUESADILLA
Meat/Meat Alternate	CHILI MAC W/GROUND TURKEY	GUACAMOLE CHICKEN WRAP	SAVORY TUNA SANDWICH	ROASTED HAM SLIDERS	BLACK BEANS
Whole Grain/Grain Alternate	WHOLE WHEAT PASTA	WHOLE GRAIN TORTILLA	WHOLE WHEAT FRENCH BREAD	ENRICHED HAWAIIAN ROLL	WHOLE WHEAT TORTILLA
Vegetable or Fruit	DICED PEARS	MANGO CHUNKS	APPLESAUCE	PINEAPPLE CHUNKS	FRUIT COCKTAIL
Vegetable	GREEN BEANS	MINI CORN ON THE COB	SWEET PEAS	TOSSED SALAD	SWEET PEPPER STRIPS
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
PM SNACK				SAVORY WAFFLE-WICH	NATIONAL PRETZEL DAY
Meat/Meat Alternate	SUGAR SNAP PEAS	WHOLE GRAIN RICE CAKE	WHOLE WHEAT BREAD	TURKEY & CHEESE	ENRICHED PRETZELS
Whole Grain/Grain Alternate	APPLESAUCE	CANTALOUPE	EGG SALAD	WHOLE GRAIN WAFFLE	APPLE SLICES
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER			SPINACH SALAD		
Meat/Meat Alternate	TURKEY MEATBALLS	FISH STICKS	BAKED CHICKEN STRIPS	CHEESY-CHEESEBURGER	CHICKEN ALFREDO
Whole Grain/Grain Alternate	WHOLE GRAIN SUB ROLL	ENRICHED HUSH PUPPIES	WHOLE GRAIN BREADSTICKS	WHOLE WHEAT BUN	WHOLE GRAIN PENNE
Vegetable or Fruit	MASHED POTATOES	PEARS	APRICOT HALVES	PEACHES	ORANGE SLICES
Vegetable	MIXED VEGTABLES	SWEET POTATO FRIES	MINESTRONE SOUP	BAKED BEANS	BROCCOLI
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
EVENING SNACK	FISH SWIMMING IN SOUP			STRAWBERRY & CHICKEN SALAD WRAP	
Meat/Meat Alternate	WHOLE WHEAT GOLDFISH	ENRICHED GRAHAM CRACKERS	WHOLW WHEA RITZ CRACKERS	GRILLED CHICKEN	WHOLE GRAIN SESAME STICKS
Whole Grain/Grain Alternate	ROASTED TOMATO BISQUE SOUP	PEACH WEDGES	100% GRAPE JUICE	WHOLE GRAIN TORTILLA	CINNAMON APPLESAUCE
Vegetable or Fruit				STRAWBERRIES	
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ 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 statement				





	4/29/2024	4/30/2024			
BREAKFAST					
Whole Grain/Grain Alternate	WHOLE GRAIN CHERRIOS	WHOLE GRAIN FRENCH TOAST			
Vegetable or Fruit	APPLES	BANANA			
Fluid Milk	*MILK	*MILK			
	☐ Whole Grain	☐ Whole Grain			
AM SNACK					
Meat/Meat Alternate	COTTAGE CHEESE	ENRICHED CREAM OF WHEAT			
Whole Grain/Grain Alternate	PLUMS	APRICOTS			
Vegetable or Fruit					
Fluid Milk	WATER	WATER			
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain			
LUNCH	NATIONAL SHRIMP SCAMPI DAY	TOFU MUSUBI			
Meat/Meat Alternate	SAVORY SHRIMP	TOFU			
Whole Grain/Grain Alternate	WHOLE WHEAT SPAGHETTI PASTA	ENRICHED BROWN RICE			
Vegetable or Fruit	STRAWBERRIES	PEARS			
Vegetable	SWEET PEAS	BABY CARROTS			
Fluid Milk	*MILK	*MILK			
	☐ Whole Grain	☐ Whole Grain			
PM SNACK					
Meat/Meat Alternate	ENRICHED GRAHAM CRACKERS	WHOLE GRAIN CHEX CEREAL			
Whole Grain/Grain Alternate	BLUEBERRIES	100% APPLE JUICE			
Vegetable or Fruit					
Fluid Milk	WATER	WATER			
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain			
DINNER					
Meat/Meat Alternate	BEEF MEATBALL SUB	HOMEMADE MAC AND CHEESE			
Whole Grain/Grain Alternate	WHOLE WHEAT SUB ROLL	ENRICHED NOODLES			
Vegetable or Fruit	MANGO STRIPS	FRUIT COCKTAIL			
Vegetable	TOSSED SALAD	BUTTERNUT SQUASH			
Fluid Milk	*MILK	*MILK			
	☐ Whole Grain	☐ Whole Grain			
EVENING SNACK					
Meat/Meat Alternate	ENRICHED TRSCUIT CRACKERS	ENRICHED RICE CAKES			
Whole Grain/Grain Alternate	BOILED EGG HALVES	CANTALOUPE			
Vegetable or Fruit					
Fluid Milk	WATER	WATER			
TWO COMPONENTS	☐ Whole Grain	☐ 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 statemen				must have a medical statement.