

Harvest of the month: April 2024 Legumes, Peas, Lentils



	Monday 4/1/24	Tuesday 4/2/24	Wednesday 4/3/24	Thursday 4/4/24	Friday 4/5/24
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	<u>WAFFLE FRUIT PIZZA RECIPE</u> WHOLE GRAIN WAFFLES SLICED STRAWBERRIES *MILK	MULTI GRAIN CHEERIOS 100% ORANGE JUICE *MILK	TURKEY SAUSAGE WHOLE GRAIN TOAST HASHBROWNS *MILK	WHOLE GRAIN MINI BAGEL RASPBERRIES *MILK	ENRICHED OATMEAL ORANGES *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 *MILK	NATIONAL PEANUT BUTTER & JELLY DAY PEANUT/WOW/SUN BUTTER WHOLE WHEAT BREAD BLUEBERRIES TOMATO BISQUE SOUP *MILK	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 ZESTY 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 TWO COMPONENTS	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 LENTIL 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
<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 statement.</i>					

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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
	<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	HOT HAM & CHEESE WHOLE GRAIN HAWAIIAN BREAD KIWI TOSSED SALAD * MILK	VEGAN CHILI W/ RED BEANS WHOLE WHEAT ROLL FRUIT SALAD CARROT STICKS *MILK	GRILLED CHEESE SANDWICH DAY EXTRA CHEDDAR CHEESE WHOLE WHEAT TOAST APRICOTS SPLIT PEA SOUP *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	ENRICHED SALTINE 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"/> KALE SALAD RASPBERRIES WATER	WHOLE GRAIN CHIPS FRESH GUACAMOLE 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
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
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	Monday 4/15/24	Tuesday 4/16/24	Wednesday 4/17/24	Thursday 4/18/24	Friday 4/19/24
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT WAFFLE WARMED BLUEBERRY COMPOTE *MILK	WHOLE GRAIN FRENCH TOAST HASHBROWNS *MILK	NATIONAL BANANA DAY WHOLE WHEAT PANCAKES BANANAS *MILK	WHOLE GRAIN GRANOLA YOGURT PINEAPPLE *MILK	ENRICHED KIX CEREAL MANGO STRIPS *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	DAY OF THE MUSHROOM <u>MUSHROOM CHEESE PIZZA RECIPE</u> WHOLE WHEAT PIZZA CRUST FRUIT COCKTAIL MUSHROOMS *MILK	BODACIOUS QUESADILLA WHOLE WHEAT QUESADILLA EXTRA CHEESE ORANGE SLICES BROCCOLI * MILK	CHICKEN NUGGETS WHOLE WHEAT ROLL SLICED STRAWBERRIES LIMA BEANS *MILK	BREAKFAST FOR LUNCH TURKEY SAUSAGE MULTI GRAIN TOAST SLICED KIWI BAKED TATER 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 GRAIN TORTILLA WATER	ENRICHED GRAHAM CRACKERS APRICOT SLICES WATER	WHOLE GRAIN CRACKERS VEGETABLE SOUP WATER	ANIMAL CRACKERS BIRTHDAY ENRICHED ANIMAL CRACKERS KIWI SLICES WATER	ENRICHED PRETZELS SAVORY HUMMUS 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
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	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 Vegetable or Fruit Fluid Milk	ENRICHED CHICKEN BISCUIT MANDARIN ORANGES *MILK	WHOLE WHEAT TOAST W/EGG TURKEY SAUSAGE MIXED BERRIES *MILK	WHOLE WHEAT WAFFLE KIWI SLICES *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 SWEET PEPPER STRIPS *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 APPLESAUCE WATER	WHOLE GRAIN RICE CAKE CANTALOUPE WATER	WHOLE WHEAT BREAD EGG SALAD WATER	SAVORY WAFFLE-WICH TURKEY & CHEESE WHOLE GRAIN WAFFLE WATER	NATIONAL PRETZEL DAY ENRICHED PRETZELS APPLE SLICES 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
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	4/29/2024	4/30/2024			
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN CHERRIOS APPLES *MILK	WHOLE GRAIN FRENCH TOAST BANANA *MILK			
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	NATIONAL SHRIMP SCAMPI DAY SAVORY SHRIMP WHOLE WHEAT SPAGHETTI PASTA STRAWBERRIES SWEET PEAS *MILK	TOFU MUSUBI TOFU ENRICHED BROWN RICE PEARS BABY CARROTS *MILK			
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED GRAHAM CRACKERS BLUEBERRIES WATER	WHOLE GRAIN CHEX CEREAL 100% APPLE JUICE WATER			
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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