



Lunch Menu

APRIL 2021

This institution is an equal opportunity provider.

Approved by Barbara Myers RD, LD/N

Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit ¼ c, vegetable ¼ c, grain 1oz, 4oz Plain Whole Milk
(menu modifications in italics)

24months – 36months Old - m/ma 1oz, Fruit ¼ c, vegetable ¼ c, grain 1oz, 4oz Plain 1% Milk
(menu modifications in italics)

3-5 Year Old – m/ma 1.5oz, Fruit ¼ c, vegetable ¼ c, grain 1oz, 6oz 1% Plain Milk

School Age – m/ma 2oz, fruit ½ c, vegetables ¾ c, grain 1oz, 8oz 1% Plain or Chocolate Milk

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>April 1</p> <p>Chicken Tenders Honey Mustard Cooked Carrots Fruit Milk Veggie Nuggets</p>	<p>April 2</p> <p>WowButter & Grape Fruit Spread on WW Bread Carrot Sticks (Peas) Ranch Dressing Fruit Milk *National Peanut Butter & Jelly Day**</p>
<p>April 5</p> <p>Turkey Sausage WG French Toast Breakfast Potatoes Fruit Milk Veggie Sausage</p>	<p>April 6</p> <p>Grilled Chicken, Cheddar Cheese, lettuce, and Ranch on WG Flour Tortilla Carrot Sticks w/ Ranch Dressing Fruit Milk Edamame Wrap</p>	<p>April 7</p> <p>Baked Cheese Ziti w/ WG Pasta Green Beans Fruit Milk</p>	<p>April 8</p> <p>BBQ Chicken Macaroni Salad Potato Wedges Fruit Milk Veggie Patty on Wheat Bread</p>	<p>April 9</p> <p>Turkey and American on WG Bun Mayo Side Garden Salad w/ Italian Dressing (<i>Diced and Peeled Cucumber</i>) Fruit Milk Chic Pea Wrap</p>
<p>April 12</p> <p>Meatball Parm WG Garlic Toast Mixed Veg Fruit Milk Veggie Meatball Parm</p>	<p>April 13</p> <p>Hearty Pesto Pasta Salad w/ WG Pasta Carrot Sticks w/ Ranch Dressing (peas) Fruit Milk Lentil Pesto Pasta Salad</p>	<p>April 14</p> <p>Hamburger w/ American Cheese WG Bun Potato Wedges Ketchup Fruit Milk Veggie Burger</p>	<p>April 15</p> <p>Mac and Cheese w/ WG Pasta Cooked Broccoli Fruit Milk</p>	<p>April 16</p> <p>Turkey & Provolone Wrap on WG Flour Mayo Tomato/Cucumber Salad Fruit Milk Sun butter and Jelly Sandwich</p>
<p>April 19</p> <p>Swedish Meatballs Buttered Noodles Corn Fruit Milk Veggie Meatballs</p>	<p>April 20</p> <p>Chicken Club Pasta Salad Carrot Sticks w/ Ranch (peas) Fruit Milk Chic Pea Club Pasta Salad</p>	<p>April 21</p> <p>Flatbread Pizza Roll Up on WG Flatbread Green Beans Fruit Milk</p>	<p>April 22</p> <p>Grilled Chicken WG Dinner Roll Potato Wedges Fruit Milk Tofu</p>	<p>April 23</p> <p>Tuna Salad on WG Bun Carrot Sticks (Peas) Ranch Dressing Fruit Milk Cheese Sandwich</p>
<p>April 26</p> <p>Scrambled Eggs w/ Cheese WG English Muffin Breakfast Potatoes Fruit Milk BBQ Lentils</p>	<p>April 27</p> <p>Turkey Ham & American Hoagie WG Hoagie Roll Carrot Sticks w/ Ranch (peas) Fruit Milk Cheese Sandwich</p>	<p>April 28</p> <p>Beef Chili Brown Rice Cauliflower Fruit Milk Veggie Bean Chili</p>	<p>April 29</p> <p>Cheese Steak Hoagie American Cheese WG Hoagie Roll Potato Wedges Ketchup Fruit Milk Veggie Burger</p>	<p>April 30</p> <p>Garden Salad w/ Grilled Chicken (Chicken & Cheese Wrap 1-2) Dinner Roll Fruit Milk Balsamic Tofu</p>

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos