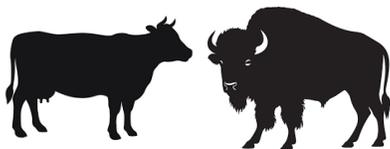




APRIL



MON

TUE

WED

THU

***Parents- Check out our Health and Nutrition Boards at each site-They have great free resources and handouts!**

01

B: Mixed Berry Yogurt Parfait, Skim Milk
L: Bean Burrito, Salad, Tropical Fruit, Skim Milk
S: Breadsticks, Marinara, Skim Milk

02

B: Corn Chex, Oranges, Skim Milk
L: White Chicken Chilli, WW Crackers, Bananas, Skim Milk
S: Mixed Veggies, Dilly Dip, Skim Milk

06

B: Ham & Cheese English Muffin, Apples, Skim Milk
L: Chicken Pot-Pie w/ Biscuit Crust, Peaches, Skim Milk
S: Wheat Thins, Oranges, Skim Milk

07

B: Bagel & Cream Cheese, Pineapple, Skim Milk
L: **Beefy Macaroni Casserole**, Salad, Pears, Skim Milk
S: WW Cinnamon Bread, Skim Milk

08

B: French Toast, Apples, Skim Milk
L: Tuna Melts, Pickles, Mandarin Oranges, Skim Milk
S: Pretzels, Cheese Sticks, Skim Milk

09

B: Life Cereal, Berries, Skim Milk
L: Chicken Noodle Soup, Bananas, Skim Milk
S: Ham & Cheese Sandwich, Skim Milk

13

B: Cheesy Omelet, Bananas, Skim Milk
L: **Beef Tacos**, Salad, Oranges, Skim Milk
S: Cheese Cubes & Snap Peas, Skim Milk

14

B: Oatmeal, Peaches, Skim Milk
L: Ham, Scalloped Potatoes, WW Rolls, Pineapple, Skim Milk
S: Mini Waffles & Peanut Butter, Skim Milk

15

B: Egg & Cheese English Muffins, Apples, Skim Milk
L: Baked Fish, Rice Pilaf, Broccoli, Pears, Skim Milk
S: Triscuits, Veggies, Ranch, Skim Milk

16

B: Oatmeal Muffin Squares, Applesauce, Skim Milk
L: Creamy Broccoli & Cauliflower Soup, Turkey & Cheese Cubes, WW Crackers, Bananas, Skim Milk
S: Ants On A Log (Celery, Peanut Butter & Raisins), Skim Milk

20

B: Fruity Yogurt Parfaits, Skim Milk
L: **Eldorado Casserole**, Salad, Pears, Skim Milk
S: Peanut Butter Oatmeal Energy Balls, Skim Milk

21

B: Potato, Veggie, Cheese & Egg Bake, Skim Milk
L: Ham & Cheese Sandwiches, Carrot Sticks, Mixed Fruit, Skim Milk
S: Strawberry Bagel Bites, Skim Milk

22

B: Biscuits w/ Jelly & Honey, Mandarin Oranges, Skim Milk
L: Sweet & Sour Chicken, Rice, Pineapple, Coleslaw, Skim Milk
S: Blueberry Applesauce Muffins, Skim Milk

23

B: Cheerios, Oranges, Skim Milk
L: Pepperoni Pizza Soup, WW Crackers, Apples, Skim Milk
S: Rice Cakes & Peanut Butter, Skim Milk

27

B: Turkey Sausage Egg Muffin Bake, Pineapple, Skim Milk
L: **Beefy Rice Casserole**, Carrots, Bananas, Skim Milk
S: WW Cinnamon Bread, Skim Milk

28



B: Bagel, Mandarin Oranges, Skim Milk
L: Tuna Sandwich, Cucumbers, Apples, Skim Milk
S: Breadsticks & Marinara, Skim Milk

29

B: Mini Waffles, Sausage, Peaches, Skim Milk
L: **Spaghetti**, Green Beans, Pears, Skim Milk
S: Fish in the Boat (Celery, Cream Cheese, Goldfish), Skim Milk

30

B: Lemon-Blueberry Corn Muffins, Applesauce, Skim Milk
L: Chicken & Wild Rice Soup, WW Rolls, Oranges, Skim Milk
S: Banana Bread, Skim Milk