



April 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1. WW Biscuit Turkey Bacon ½ Banana Sliced Turkey Sweet Potato Fresh Broccoli Cranberry Sauce WW Roll Ice Parfait- Take Vanilla Ice Cream cup, add blueberries, strawberries, mix to create a parfait – WW Teddy Graham Crackers	2. Breakfast Burrito (Scrambled Eggs, Turkey Sausage, Salsa) Tropical Fruit WW Tortilla Stewed Beef w/ Egg Noodles Steamed Carrots Green Peas Sliced Turkey Ritz Crackers	3. English Muffin w/ cheese Diced Pears Grilled Cheese Sandwich Tomato Soup Green Beans Blueberries Greek Vanilla Yogurt Strawberries	4
5	6. French Toast Blue Berries Pork Chop Roasted Yellow Squash Sweet Potato WW Roll Sliced Cheese WW Crackers	7. Corn Flakes ½ Banana Chicken Nuggets Lima Beans Corn on the Cob WW Roll Flour Tortilla Shell Nutella Strawberries	8. Creamy Oatmeal Diced Peaches Salisbury Steak w/ gravy Mashed Potatoes Green Beans Yeast Roll Counting yours Gold Fish Diced Watermelon	9. Bran Muffin Blackberries Baked Fish Filet Wild Rice Diced Carrots Green Peas Vanilla Greek Yogurt Pumpkin Muffin	10. Good Friday Holiday- All Programs Closed	11

12	<p>13. WG Waffle Apple/Strawberry Applesauce Turkey Bacon</p> <p>Grilled Cheese on WW bread Diced Pears Fresh Carrots Optional: Crackers</p> <p>Peanut Butter Delight Graham Crackers</p>	<p>14. English Muffin w/ cheese Sliced Tomatoes</p> <p>Pinto Beans Steamed Cabbage Roasted Potatoes Corn Bread</p> <p>Red Pepper Hummus WW Crackers</p>	<p>15. Mini Bagel w/Cream cheese Diced Pears</p> <p>Chicken Slider on WW bun Sweet Potatoes Fries Roasted Yellow Squash</p> <p>Galactic Glaciers- Take Grape juice pour in small cup, put a stick in and freeze WW Teddy Grahams</p>	<p>16. Rice Krispies ½ Bananas</p> <p>Sliced Turkey w/ gravy WG Rice Steamed Broccoli Fresh Apples</p> <p>Cottage Cheese Mandarin Oranges</p>	<p>17. Banana Muffin Diced Peaches</p> <p>Taco Soup (Ground Beef, corn, pinto beans Fresh Oranges Saltine Crackers</p> <p>Cheese Sliced Apples</p>	18
19	<p>20. WW Biscuit Turkey Sausage Tropical Fruit</p> <p>Grilled Chicken Glazed Carrots Diced Pears Bread Stick</p> <p>Vanilla Greek Yogurt Diced Pears</p>	<p>21. WW Toast Pineapple Tidbits</p> <p>Meatless Lasagna Roasted Squash Watermelon</p> <p>Sliced Cucumbers WW Crackers</p>	<p>22. French Toast w/ syrup Diced Peaches</p> <p>Turkey & Cheese on WW Bread Sliced Cucumbers Pineapple Tidbits</p> <p>Dirt Cup- Chocolate Graham Crackers, crush, chocolate pudding, hide a worm in and eat Skim Milk</p>	<p>23. WG English Muffin Boiled Egg Sliced Tomato</p> <p>Buffet Ham Baked Potato w/ sour cream, butter Diced Peaches Bread</p> <p>WW Graham Crackers Applesauce</p>	<p>24. Cream of Wheat Strawberries</p> <p>Cheesy Pizza Tossed Salad w/ Lettuce, tomato, cucumbers Corn</p> <p>Cheerios ½ Banana</p>	25
26	<p>27. WW Waffle Diced Pears</p> <p>Lemon Pepper Fish Filet Potato Medley Cole Slaw Hushpuppies</p> <p>Vanilla Greek Yogurt Diced Peaches</p>	<p>28. WW Biscuit Applesauce</p> <p>Chicken Noodle Soup Glazed Carrots Green Peas WW Crackers</p> <p>Pumpkin Spice Muffin Milk</p>	<p>29. WW Cheese Toast Sliced Strawberries</p> <p>Meatloaf Mashed Potatoes Mixed Vegetables Yeast Roll</p> <p>Pretzel Rods- Take a big pretzel rod and dip in vanilla yogurt and freeze Fresh Strawberries</p>	<p>30. Breakfast Pizza Blueberries</p> <p>Ham & Cheese Sandwich Sliced Cucumbers Sliced Tomatoes</p> <p>Cheese it's Crackers ½ Banana</p>		

***Meat or Meat Alternate:** Can be served in place of grain/breads up to 3 times per week at breakfast

****Milk: 1 year old:** Unflavored whole Milk; **2-5 yr old:** unflavored skim. Regulations state that **Milk substitutes** are provided to participants with medical or special dietary needs, with appropriate documentation.