



April 2024 Breakfast Menu



	Mon	Tue	Wed	Thu	Fri
Week 1	1 Fresh Croissant Applesauce 1% Low Fat Milk	2 Bran Muffin Mixed Fruit Cup 1% Low Fat Milk	3 Whole Wheat Pancakes with Syrup Apples 1% Low Fat Milk	4 Fresh Whole Wheat Corn Muffin Oranges 1% Low Fat Milk	5 Baked Turkey Bacon Whole Wheat Toast Cantaloupes 1% Low Fat Milk
Week 2	8 Cereal: Corn Flakes Sliced Peaches 1% Low Fat Milk	9 Waffles with Syrup Oranges 1% Low Fat Milk	10 Whole Wheat Bagel with Cream Cheese Bananas 1% Low Fat Milk	11 Bran Muffin Pears 1% Low Fat Milk	12 Baked Turkey Bacon Hash Browns Honeydew 1% Low Fat Milk
Week 3	15 Fresh Croissant Applesauce 1% Low Fat Milk	16 Whole Wheat Pancakes with Syrup Bananas 1% Low Fat Milk	17 Honey Wheat Bagel with Cream Cheese Apples 1% Low Fat Milk	18 Whole Wheat Corn Muffin Oranges 1% Low Fat Milk	19 Baked Turkey Bacon Whole Wheat Toast Cantaloupe 1% Low Fat Milk
Week 4	22 Cereal: All Bran Mixed Fruit Cup 1% Low Fat Milk	23 Whole Wheat Pancakes with Syrup Bananas 1% Low Fat Milk	24 Whole Wheat Bagel with Cream Cheese Sliced Peaches 1% Low Fat Milk	25 Bran Muffin Oranges 1% Low Fat Milk	26 Baked Turkey Bacon Hash Browns Strawberries 1% Low Fat Milk
Week 5	29 Whole Wheat Bagel with Cream Cheese Apricot Halves 1% Low Fat Milk	30 Corn Muffin Oranges 1% Low Fat Milk			



MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY OF PRODUCTS* *ANY MILK SUBSTITUTIONS REQUIRE A DOCTOR'S NOTE (I.E. ALMOND, OAT, ETC.)

100% FRESH FRUITS & VEGETABLES: BANANAS * PINEAPPLE * APPLES * HONEYDEW * TANGERINES * BROCCOLI * CARROTS * ETC.

VEGETARIAN ENTRÉE SUBSTITUTES ARE AVAILABLE DAILY



April 2024 Vegetarian Breakfast Menu



	Mon	Tue	Wed	Thu	Fri
Week 1	1 Fresh Croissant Applesauce 1% Low Fat Milk	2 Bran Muffin Mixed Fruit Cup 1% Low Fat Milk	3 Whole Wheat Pancakes with Syrup Apples 1% Low Fat Milk	4 Fresh Whole Wheat Corn Muffin Oranges 1% Low Fat Milk	5 Morningstar Farms® Veggie Breakfast Sausage Whole Wheat Toast Cantaloupes 1% Low Fat Milk
Week 2	8 Cereal: Corn Flakes Sliced Peaches 1% Low Fat Milk	9 Waffles with Syrup Oranges 1% Low Fat Milk	10 Whole Wheat Bagel with Cream Cheese Bananas 1% Low Fat Milk	11 Bran Muffin Pears 1% Low Fat Milk	12 Morningstar Farms® Veggie Breakfast Sausage Hash Browns Honeydew 1% Low Fat Milk
Week 3	15 Fresh Croissant Applesauce 1% Low Fat Milk	16 Whole Wheat Pancakes with Syrup Bananas 1% Low Fat Milk	17 Honey Wheat Bagel with Cream Cheese Apples 1% Low Fat Milk	18 Whole Wheat Corn Muffin Oranges 1% Low Fat Milk	19 Morningstar Farms® Veggie Breakfast Sausage Whole Wheat Toast Cantaloupe 1% Low Fat Milk
Week 4	22 Cereal: All Bran Mixed Fruit Cup 1% Low Fat Milk	23 Whole Wheat Pancakes with Syrup Bananas 1% Low Fat Milk	24 Whole Wheat Bagel with Cream Cheese Sliced Peaches 1% Low Fat Milk	25 Bran Muffin Oranges 1% Low Fat Milk	26 Morningstar Farms® Veggie Breakfast Sausage Hash Browns Strawberries 1% Low Fat Milk
Week 5	29 Whole Wheat Bagel with Cream Cheese Apricot Halves 1% Low Fat Milk	30 Corn Muffin Oranges 1% Low Fat Milk			



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April 2024 Lunch Menu



	Mon	Tue	Wed	Thu	Fri
Week 1	1 Mac & Cheese Asparagus/Pears 1% Low Fat Milk	2 Rice and Beans w/ Baked Plantains Mixed Salad 1% Low Fat Milk	3 Turkey Burger Whole Wheat Bun Carrots & Pineapple 1% Low Fat Milk	4 Crispy Baked Fish w/Hawaiian Wheat Roll French Fries Honeydew 1% Low Fat Milk	5 Fresh Cheese Pizza Corn/Apple 1% Low Fat Milk
Week 2	8 Black Bean Quesadilla Canned Corn Applesauce 1% Low Fat Milk	9 Chicken Lo Mein Steamed Broccoli Cantaloupe 1% Low Fat Milk	10 Toasted Whole Wheat Cheese Sandwich Spinach/Apples 1% Low Fat Milk	11 Yellow Rice Chicken Breast Mixed Vegetables Kiwi 1% Low Fat Milk	12 Jamaican Patties Whole Wheat Roll Corn & Pears 1% Low Fat Milk
Week 3	15 Chicken Patties w/ Cheese Whole Wheat Bun Carrots Mixed Fruit Cups 1% Low Fat Milk	16 Chicken Tenders French Fries String Beans & Pears 1% Low Fat Milk	17 Rice and Beans w/ Baked Plantains Mixed Salad 1% Low Fat Milk	18 Baked Mozzarella Sticks Whole Wheat Italian Bread Carrots & Pineapple 1% Low Fat Milk	19 Turkey Lasagna Whole Wheat Roll Cauliflower & Apple 1% Low Fat Milk
Week 4	22 Turkey Spaghetti Spinach & Pears 1% Low Fat Milk	23 Baked Turkey with Gravy Mashed Potatoes Mixed Salad/Cornbread 1% Low Fat Milk	24 Baked Chicken Baked Potato Wedges Whole Wheat Roll Apples 1% Low Fat Milk	25 Chicken Patties w/ Cheese Whole Wheat Bun Mixed Vegetables Honeydew 1% Low Fat Milk	26 Fresh Cheese Pizza Corn Sliced Apricot 1% Low Fat Milk
Week 5	29 Baked Penne Pasta Cucumber Salad Apples 1% Low Fat Milk	30 Baked Chicken & Baked Plantains Rice & Peas, Pineapples 1% Low Fat Milk			



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100% FRESH FRUITS & VEGETABLES: BANANAS * PINEAPPLE * APPLES * HONEYDEW * TANGERINES * BROCOLLI * CARROTS * ETC.

VEGETARIAN ENTRÉE SUBSTITUTES ARE AVAILABLE DAILY





April 2024 Vegetarian Lunch Menu



	Mon	Tue	Wed	Thu	Fri
Week 1	1 Mac & Cheese Asparagus/Pears 1% Low Fat Milk	2 Rice and Beans w/ Baked Plantains Mixed Salad 1% Low Fat Milk	3 Gardenburger® Hamburger on a Whole Wheat Bun Carrots & Pineapple 1% Low Fat Milk	4 Morningstar Farms® Chik'n Nuggets w/Hawaiian Wheat Roll French Fries & Honeydew 1% Low Fat Milk	5 Fresh Cheese Pizza Corn/Apple 1% Low Fat Milk
Week 2	8 Black Bean Quesadilla Canned Corn Applesauce 1% Low Fat Milk	9 Morningstar Farms® Chik'n Nuggets Lo Mein Steamed Broccoli Cantaloupe 1% Low Fat Milk	10 Toasted Whole Wheat Cheese Sandwich Spinach/Kiwi 1% Low Fat Milk	11 Yellow Rice Morningstar Farms® Chik'n Nuggets Mixed Vegetables Apples 1% Low Fat Milk	12 Morningstar Farms® Garden Veggie Patties Whole Wheat Roll Corn & Pears 1% Low Fat Milk
Week 3	15 Gardenburger® Hamburger w/ Cheese & Whole Wheat Bun Carrots Mixed Fruit Cup 1% Low Fat Milk	16 Morningstar Farms® Chik'n Nuggets French Fries String Beans & Pears 1% Low Fat Milk	17 Rice and Beans w/ Baked Plantains Mixed Salad 1% Low Fat Milk	18 Baked Mozzarella Sticks Whole Wheat Italian Bread Carrots & Pineapple 1% Low Fat Milk	19 Tofu Lasagna Whole Wheat Roll Cauliflower & Apple 1% Low Fat Milk
Week 4	22 Tofu Spaghetti Spinach & Pears 1% Low Fat Milk	23 Morningstar Farms® Chik'n Nuggets w/ Gravy Mashed Potatoes Mixed Salad/Cornbread 1% Low Fat Milk	24 BBQ Morningstar Farms® Chik'n Nuggets Baked Potato Wedges Whole Wheat Roll Apples 1% Low Fat Milk	25 Gardenburger® Hamburger w/ Cheese & Whole Wheat Bun Mixed Vegetables Honeydew 1% Low Fat Milk	26 Fresh Cheese Pizza Corn Sliced Apricot 1% Low Fat Milk
Week 5	29 Baked Penne Pasta Cucumber Salad Apples 1% Low Fat Milk	30 BBQ Morningstar Farms® Chik'n Nuggets & Baked Plantains Rice & Peas, Pineapples 1% Low Fat Milk			



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April 2024 Snack Menu



	Mon	Tue	Wed	Thu	Fri
Week 1	1 Whole Grain Animal Crackers 100% Apple Juice Mixed Fruit Cup*	2 W/G Pretzels Oranges	3 Graham Crackers Bananas	4 Whole Grain Cheez-Its Mixed Fruit Cup	5 Whole Grain Waffle Grahams 100% Orange Juice
Week 2	8 Whole Grain Animal Crackers 100% Apple Juice Mixed Fruit Cup*	9 Vanilla Grahams Bananas	10 Graham Crackers Oranges	11 Whole Grain Cheez-Its Mixed Fruit Cup	12 Whole Grain Waffle Grahams Applesauce
Week 3	15 Whole Grain Animal Crackers 100% Apple Juice Apricot Halves*	16 W/G Pretzels Oranges	17 Graham Crackers Bananas	18 Whole Grain Cheez-Its Mixed Fruit Cup	19 Whole Grain Waffle Grahams Sliced Peaches
Week 4	22 Whole Grain Animal Crackers 100% Apple Juice Mixed Fruit Cup*	23 Vanilla Grahams 100% Apple Juice	24 Whole Grain Waffle Grahams Applesauce	25 Whole Grain Cheez-Its Mixed Fruit Cup	26 Whole Grain Waffle Grahams 100% Apple Juice
Week 5	29 Whole Grain Animal Crackers 100% Apple Juice Mixed Fruit Cup*	30 Vanilla Grahams Pears			

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****Note: When 100% Juice is served, students six years old and above receive the juice and fruit listed.***

