



2024 April

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|--------|---|--|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 |
| Breakfast | | WGR Kix Cereal, Bananas & Milk | Vanilla Yogurt, Granola, w/ Mixed Fruit & Milk | WGR Cheerios Cereal, Applesauce & Milk | Ham & Cheese Scrambled Eggs, Peaches & | WGR English Muffins w/ Sunbutter, Jelly, Mixed |
| Lunch | | Roasted Pork Chops, Peaches, Mixed Green Salad w/ WGR Crutons | WGR Spaghetti & HM Meatballs, Apple Slices, Broccoli & Milk <i>*Softened Apple Slices</i> | Roasted Chicken, Italian Pasta Salad w/ WGR Rotini, Cucumbers, Strawberries and Milk | HM Black Bean Burgers on WGR Bun, Bell Peppers, Pineapple & Milk | Meatloaf, Mashed Potatoes, Peas, WGR Bread and Milk |
| Snack | | WGR Triscuits & Cheese Slices | Animal Crackers & Pineapple | WGR Bread, Sun Butter & Jelly | Cheese Quesadillas WGR & Salsa | Graham Crackers & Oranges |
| | | 8 | 9 | 10 | 11 | 12 |
| Breakfast | | WGR Special K Cereal, Pears & Milk | WGR HM Pancakes, Mixed Berries & Milk | WGR Oatmeal, Raisins & Milk | Sausage & Cheese Egg Burritos, Canteloupe & Milk | WGR English Muffins, Kiwi & Milk |
| Lunch | | Chicken Stir Fry, White Rice w/ Asian Blend Veggies, Pineapple and Milk | HM WGR Cheese Pizza, Apple Slices, Garden Salad and Milk <i>*Applesauce</i> | Cheesy Chicken and Broccoli Rice Bake, Pears and Milk | Fish Tacos on WGR Corn Tortillas, Corn, Mandarin Oranges and Milk | Biscuits & Chicken Pot Pie Filling, Mixed Veggies, Cantaloupe and Milk |
| Snack | | Cheese Sticks & Wheat Thins | Pita & Hummus | Apple slices & Graham Crackers | Goldfish & Tomato Soup | Carrots, Cheese Sticks, & Apple Slices |
| | | 15 | 16 | 17 | 18 | 19 |
| Breakfast | | KIX, Peaches & Milk | WW Pancakes, Mixed Berries & Milk | WW Waffles, Apple Pie Slices & Milk | Spinach & Cheddar Frittatas, Clementines & Milk | Oatmeal Muffins, Bananas & Milk |
| Lunch | | Chicken Ceaser Salad, Apple Slices, WW Breadsticks and Milk <i>*Softened Apple Slices</i> | Chicken and Cheese Sandwiches on WGR Bread, Baby Carrots, Clementines and Milk <i>*Cooked Carrots and Mandarin Oranges</i> | Pot Roast, WGR Buns, Sweet Potato Fries, Honeydew and Milk | Roasted Chicken, Rice Pilaf, Asparagus, Peaches and Milk | Tilapia w/ Tartar Sauce, WGR Bread, Green Beans, Pears and Milk |
| Snack | | WGR Bread, Sun Butter & Jelly | Cheese Quesadillas WGR & Salsa | Meat & Cheese Roll-ups | WGR Wheat Thins & Cucumbers | Pineapple & Animal Crackers |
| | | 22 | 23 | 24 | 25 | 26 |
| Breakfast | | WG Oat Square Cereal, Pears & Milk | WGR HM Pancakes, Mixed Berries & Milk | WG English Muffins, Kiwi & Milk | Scrambled Eggs, Sausage, Hashbrowns & Milk | WGR Bread w/ Sunbutter/Jelly, Kiwi & Milk |
| Lunch | | Roasted Honey Thyme Chicken, Mixed Greens Salad w WGR Crutons, Mandarin Oranges and Milk <i>*Peas, Canned Oranges</i> | Pizza Penne Bake, Roasted Chicken, Apple Slices, Broccoli and Milk <i>*Softened Apple Slices</i> | Tikka Masala Chicken, WGR Brown Rice, Bell Peppers, Mango and Milk | Corned Beef and Cabage, Roasted Carrots, WW Dinner Roll and Milk | Lemon Basil Chicken, Orzo Pasta, Asparagus, Sliced Grapes and Milk |
| Snack | | Fruit Smoothies & Graham Crackers | Cheese Sticks & WGR Triscuits | Banana Sunbutter Wraps & Milk | Frozen Go-gurt & Oranges | Cheese Quesadillas WGR & Salsa |
| | | 29 | 30 | | | |
| Breakfast | | KIX, Peaches & Milk | Vanilla Yogurt, Granola, w/ Mixed Fruit & Milk | | | |
| Lunch | | Chicken Ceaser Salad, Apple Slices, WW Breadsticks and Milk <i>*Softened Apple Slices</i> | WGR Spaghetti & HM Meatballs, Apple Slices, Broccoli & Milk <i>*Softened Apple Slices</i> | | | |
| Snack | | WGR Bread, Sun Butter & Jelly | Animal Crackers & Pineapple | | | |

*Milk is served at both Breakfast and Lunch. Whole Milk for children 1-2 years old, Skim Milk for children ages 2-5

* Red Font indicates a toddler or infant alternative

*WG= Whole Grain WW= Whole Wheat HM= Home Made

Meal Patterns and Serving Sizes are posted in each classroom and in the kitchen on the freezer.