



MENU April 2024 (Breakfast)

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| 1 Egg Whites Oatmeal (1 cup) Tropical Waffles with Mangoes and Whipped Cream Orange 1% Low Fat Milk Apple Juice | 2 Vegetable Egg Frittata Whole Grain Blueberry Muffin (pre-prepared) Apple 1% Low Fat Milk Ketchup (9g packet) | 3 Apple Pie Oatmeal Cinnamon French Toast (pre-prepared) Hard Boiled Egg Banana 1% Low Fat Milk Pancake Syrup | 4 Cheddar and Potato Bake Multigrain Cheerios Pear 1% Low Fat Milk | 5 Apple Pancakes Farina Hard Boiled Egg Blueberries * 1% Low Fat Milk Pancake Syrup |
| 8 Instant Maple Flavored Oatmeal (1/2 cup) Egg & Broccoli Scramble Whole Grain Apple Cinnamon Muffin (pre-prepared) Pear 1% Low Fat Milk Ketchup (9g packet) | 9 Cinnamon Whole Wheat French Toast Grits Hard Boiled Egg Yogurt Parfait with Blueberries 1% Low Fat Milk Pancake Syrup | 10 Creamy Oat Bran (1/2 cup) Scrambled Eggs with Swiss Whole Wheat Bread Banana 1% Low Fat Milk Margarine | 11 Creamy Apple-Raisin Oatmeal Egg Frittata with Potatoes & Peas Orange 1% Low Fat Milk Ketchup (9g packet) | 12 California Veggie Burger Farina Whole Wheat Mini Bagel Cream Cheese Apple 1% Low Fat Milk |
| 15 Scrambled Eggs Whole Wheat Pancakes Yogurt Parfait with Peaches 1% Low Fat Milk | 16 Cheddar and Potato Bake Creamy Apple Raisin Oatmeal Orange 1% Low Fat Milk | 17 Cheese Omelet (pre prepared) Grits Whole Wheat Mini Bagel Banana | 18 Instant Maple Flavored Oatmeal (1/2 cup) Spinach & Mozzarella Egg Frittata Multigrain Bread Pear 1% Low Fat Milk | 19 Coconut Banana Whole Wheat French Toast Cottage Cheese (3/4 cup) Hard Boiled Egg Frozen Mixed Berries * 1% Low Fat Milk Pancake Syrup |
| 22 Creamy Apple-Raisin Oatmeal Egg & Broccoli Scramble Home Fries Orange 1% Low Fat Milk Ketchup (9g packet) | 23 Egg Frittata with Potatoes and Peas Grits Cottage Cheese Apple 1% Low Fat Milk | 24 Cinnamon Whole Wheat French Toast Hard Boiled Egg Wheatena Yogurt Parfait with Blueberries 1% Low Fat Milk Pancake Syrup | 25 Apple Pie Oatmeal Bran Muffin (pre-prepared) Western Frittata Banana 1% Low Fat Milk Margarine | 26 Spinach and Mozzarella Frittata Cinnamon Raisin Bagel Oat Bran Orange 1% Low Fat Milk |
| 29 Scrambled Eggs) Tropical Waffles with Mangoes and Whipped Cream Orange 1% Low Fat Milk | 30 Cinnamon Citrus Whole Wheat French Toast Syuares Hard Boiled Egg Oatmeal Orange | | 29 | |



MENU April 2024 (Lunch)

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| 1 California Veggie Burger Whole Wheat Hamburger Bun Baked Potato Wedges Normandy Blend * Orange Rice Pudding 1% Low Fat Milk | 2 Baked Pork Chops Multigrain Bread Oriental Blend Vegetables * Sweet Baked Yams Apple 1% Low Fat Milk | 3 Baked Ziti with Ricotta Tomato Sauce Pasta (1/2 cup) Whole Wheat Dinner Roll Italian Cut Green Beans * Pear 1% Low Fat Milk | 4 Baked Chicken Quarters Whole Wheat Bread O'Brien Potatoes Steamed Broccoli Banana 1% Low Fat Milk | 5 Baked Marinated Fish - OR - Swiss Steak with Onions Kashmir Brown Rice Prince Edward Blend Vegetables Grapes 1% Low Fat Milk |
| 8 Baked Pork Chops Whole Wheat Dinner Roll Broccoli with Toasted Garlic Sautéed Zucchini Orange 1% Low Fat Milk | 9 Sweet Potato Veggie Burger Whole Wheat Hamburger Bun Home Fries with Onions and Peppers Prince Edward Vegetables Apple 1% Low Fat Milk | 10 Beef Meatloaf with Mushroom Gravy Whole Wheat Dinner Roll Home made Mashed Potatoes Steamed Green Beans Banana 1% Low Fat Milk | 11 Oven Fried Chicken Multigrain Bread Steamed Cauliflower Sweet Baked Yams Grapes 1% Low Fat Milk | 12 Baked Salmon - OR - Swiss Steak with Onions Half White Half Brown Rice Normandy Blend Vegetables Pear 1% Low Fat Milk |
| 15 Springtime Whole Wheat Rotini with Spinach and Chickpeas Whole Wheat Bread Steamed Cauliflower Italian Cut Green Beans Orange 1% Low Fat Milk | 16 Lemon Chicken Multigrain Bread) Broccoli with Toasted Garlic Sweet Baked Yams* Apple 1% Low Fat Milk | 17 Stewed Pork Chops Half White Half Brown Rice Baby Carrots and Parsley * Homemade Mashed Potatoes Banana 1% Low Fat Milk | 18 PARTY DAY Baked Ham with Pineapple Sauce Dinner Rolls Fresh Baked Yam Cauliflower Pudding Grapes 1% Low Fat Milk | 19 Baked Flounder - OR - Turkey Burger (Whole Wheat Hamburger Bun Coleslaw (pre-prepared) Roasted Zucchini Orange 1% Low Fat Milk |
| 22 Baked Mushroom Chicken Whole Wheat Dinner Roll Broccoli and Red Peppers Corn Apple 1% Low Fat Milk | 23 Apricot Glazed Pork Chops Whole Wheat Bread Cauliflower with Carrots & Parsley Yams Apple 1% Low Fat Milk | 24 Turkey Burger with Cheese Baked Red Potato Wedges Whole Wheat Hamburger Bun California Blend Vegetables Banana * 1% Low Fat Milk | 25 Scrumptious No Cheese Baked Ziti Whole Wheat Dinner Roll Italian Blend Vegetables * Pear Vanilla Pudding 1% Low Fat Milk | 26 Pineapple Glazed Salmon - OR - Vegetarian Soy Burger Whole Wheat Hamburger Bun Prince Edward Blend Vegetables Orange 1% Low Fat Milk |
| 29 Baked Chicken Quarters Whole Wheat Dinner Roll Roasted Potatoes Steamed Green Beans Orange 1% Low Fat Milk | 30 Beef Salisbury Steak Multigrain Bread Baked Sweet Potato Steamed Cauliflower Apple 1% Milk | 31 4 Turkey Burger with Cheese Baked Red Potato Wedges Whole Wheat Hamburger Bun Balsamic Roasted Brussels Sprouts Canned Pears * 1% Low Fat Milk | Indulgent Mushroom and Lentil Stroganoff Whole Wheat Bread Baked Potato Broccoli with Toasted Garlic * Orange 1% Low Fat Milk | Turkey and Beef Salisbury Steak with Mushroom Gravy Whole Wheat Dinner Roll Steamed Cauliflower * Sweet Baked Yams Banana 1% Low Fat Milk |