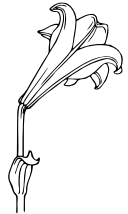



BREAKFAST MENU April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cottage Cheese (3/4 cup) Egg Frittata with Potatoes and Peas Grits (1 cup) Apple 1% Low Fat Milk Ketchup (1 Tbsp)	2 Cinnamon Whole Wheat French Toast Hard Boiled Egg Wheatena Orange 1% Low Fat Milk Pancake Syrup	3 Apple Pie Oatmeal Corn Muffin (pre-prepared) Scrambled Eggs Applesauce with Mango and Orange 1% Low Fat Milk Margarine	4 Oat Bran Whole Wheat Grilled Cheese (1 sandwich) Banana 1% Low Fat Milk Grape Jelly Margarine
7 Scrambled Eggs with Swiss Tropical Waffles with Mangoes and Whipped Cream Apple 1% Low Fat Milk Pancake Syrup	8 Oatmeal (1 cup) Whole Wheat Grilled Cheese (1 sandwich) Orange 1% Low Fat Milk Pancake Syrup	9 Cinnamon Toast Crunch (Reduced Sugar) Home Fries Scrambled Eggs Canned Sliced Peaches 1% Low Fat Milk Ketchup (1 Tbsp)	10 Cheerios Cottage Cheese (3/4 cup) Egg and Broccoli Scramble Canned Pears 1% Low Fat Milk Ketchup (1 Tbsp)	11 Bran Flakes Cereal Cheddar and Potato Bake Whole Grain Apple Cinnamon Muffin (pre-prepared) Fruit Cocktail 1% Low Fat Milk Ketchup (1 Tbsp)
14 Egg Whites Instant Maple Flavored Oatmeal (1/2 cup) Pancakes (pre-prepared) Orange 1% Low Fat Milk Margarine Pancake Syrup	15 Cheerios Grilled Mozzarella and Tomato Sandwich (Whole Wheat) Canned Sliced Peaches 1% Low Fat Milk Margarine	16 1% Low Fat Milk Pancake Syrup Hard Boiled Egg Oatmeal (1 cup) Plain French Toast (pre-prepared) Banana	17 Party Day Apple Pie Oatmeal Cheese Frittata Apple 1% Low Fat Milk Margarine	18 Closed 
21 Egg Whites Oatmeal (1 cup) Tropical Waffles with Mangoes and Whipped Cream Orange 1% Low Fat Milk Pancake Syrup	22 Instant Maple Flavored Oatmeal (1/2 cup) Vegetable Egg Frittata Whole Wheat Blueberry Muffins Canned Sliced Peaches 1% Low Fat Milk Ketchup (1 Tbsp)	23 Apple Pie Oatmeal Cinnamon French Toast (pre-prepared) Hard Boiled Egg Fruit Cocktail 1% Low Fat Milk Pancake Syrup	24 Multigrain Cheerios Whole Wheat Grilled Cheese (1 sandwich) Banana 1% Low Fat Milk Ketchup (1 Tbsp)	25 Apple Pancakes Hard Boiled Egg Oatmeal (1 cup) Apple 1% Low Fat Milk Pancake Syrup
28 Egg and Broccoli Scramble Instant Maple Flavored Oatmeal (1/2 cup) Whole Grain Apple Cinnamon Muffin (pre-prepared) Canned Pears 1% Low Fat Milk Ketchup (9g packet)	29 Farina Plain French Toast (pre-prepared) Vegetarian Western Omelette Orange 1% Low Fat Milk Pancake Syrup	30 Bran Flakes Cereal Whole Wheat Grilled Cheese (1 sandwich) Banana 1% Low Fat Milk Margarine	Visit the library on the 2 nd floor if you would like to borrow a book. Large print available	



LUNCH MENU April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Mushroom Barley Soup Beef Salisbury Steak Multigrain Bread Sauteed Summer Squash with Corn and Tomatoes * Applesauce * 1% Low Fat Milk	2 Roasted Tomato Soup White Bean, Kale, and Carrot Medley Whole Wheat Bread Arugula Salad with Balsamic Vinaigrette Cauliflower Rice Canned Sliced Peaches * 1% Low Fat Milk	3 Baked Ziti with Ricotta Whole Wheat Dinner Roll Sauteed Spinach and Tomatoes * Tossed Salad with Dressing * Apple 1% Low Fat Milk	4 Baked Salmon Brown Rice (1/2 cup) Broccoli and Red Peppers * Canned Mandarin Oranges * 1% Low Fat Milk
7 BBQ Pulled Pork Whole Wheat Hamburger Bun Oriental Blend Vegetables Sweet Baked Yams Orange 1% Low Fat Milk	8 Chicken Legs with Stewed Tomatoes Whole Wheat Dinner Roll Garlic Mashed Potatoes * Savory Braised Cabbage * Apple 1% Low Fat Milk	9 Healthier Tuna Salad Whole Wheat Bread Creamy Corn and Pepper Salad Mixed Green Salad * Canned Pears * 1% Low Fat Milk	10 Fluffy Tofu Broccoli Souffle Lemon Rice Baby Carrots with Parsley Canned Sliced Peaches * 1% Low Fat Milk	11 Baked Fish Multigrain Bread Orzo Sauteed Spinach * Canned Pineapple * 1% Low Fat Milk
14 Hawaiian Chicken Legs Whole Wheat Dinner Roll Oriental Blend Vegetables Roasted Potatoes Fruit Cocktail * 1% Low Fat Milk	15 Beef Meatloaf with Mushroom Gravy Multigrain Bread Honey Garlic Roasted Cauliflower Sweet Baked Yams Applesauce * 1% Low Fat Milk	16 Classic Lentil Soup (pre-prepared) Tomato Braised Winter Squash with Chickpeas and Spinach Half White Half Brown Rice (1 cup) Garden Salad * Orange 1% Low Fat Milk	17 Chicken Kiev Baked Potato Scalloped Potatoes Roasted Baby Carrots Chocolate Pudding Grapes 1% Low Fat Milk	18 Baked Fish with Lemon Garlic Butter Sauce Baked Brown Rice Pilaf Mashed Potato Style Broccoli Canned Pineapple * 1% Low Fat Milk
21 Deluxe Cheeseburger with Onions Baked Fries (pre-prepared) Whole Wheat Hamburger Bun Prince Edward Blend Vegetables Orange 1% Low Fat Milk	22 Classic Lentil Soup (pre-prepared) Smokey Black Bean and Sweet Potato Chili Whole Wheat Bread Steamed Cauliflower * Fruit Cocktail * 1% Low Fat Milk	23 Baked Ziti with Turkey Multigrain Bread Kale with Tomato * Mixed Green Salad * Apple 1% Low Fat Milk Whole Grain Vanilla Wafers	24 Cranberry Chicken Whole Wheat Dinner Roll Broccoli and Red Peppers * Sweet Baked Yams Canned Sliced Peaches * 1% Low Fat Milk	25 Baked Marinated Fish Confetti Brown Rice Zucchini with Corn and Tomatoes * Canned Mandarin Oranges * 1% Low Fat Milk
28 Classic Lentil Soup (pre-prepared) California Veggie Burger (pre-prepared, 4oz) Cheddar Cheese Slice Whole Wheat Hamburger Bun Kale with Tomato * Apple 1% Low Fat Milk	29 Baked Fish with Lemon Garlic Butter Sauce - OR - Whole Wheat Tuna Salad Sandwich (1 sandwich) Whole Wheat Bread Coleslaw (pre-prepared) Mashed Potato Style Broccoli Orange 1% Low Fat Milk	30 Baked Mushroom Chicken Multigrain Bread Normandy Blend * Sweet Baked Yams Canned Pears * 1% Low Fat Milk		