

Breakfast K-12

APRIL 2024

MON	TUE	WED	THU	FRI
<p>1 Banana Muffin</p> <p>Raisins & Applesauce</p>	<p>2 Strawberry Yogurt Graham Crackers</p> <p>or</p> <p>Apple Frudel</p> <p>Diced Pineapple & 100% Apple Juice</p>	<p>3 Multi-Grain Frosted Flakes</p> <p>Graham Crackers</p> <p>or</p> <p>Cinnamon Butter Honey Biscuit</p> <p>Diced Peaches & 100% Grape Juice</p>	<p>4 RS Cinnamon Toast Crunch Graham Crackers</p> <p>or</p> <p>Pancakes w/ Syrup</p> <p>Applesauce & 100% Orange Juice</p>	<p>5 Cinnamon Crisp Bar</p> <p>Raisins & 100% Grape Juice</p>
<p>8 Cherry Cocoa Bar</p> <p>Fresh Pear & 100% Very Berry Juice</p>	<p>9 Strawberry Yogurt Graham Crackers</p> <p>or</p> <p>Cinnamon Bun</p> <p>Diced Pineapple & 100% Apple Juice</p>	<p>10 Honey Cheerios Plain Bagel Graham Crackers w/ Cream Cheese</p> <p>or</p> <p>Cinnamon Butter Honey Biscuit</p> <p>Diced Peaches & Applesauce & 100% Grape Juice</p>	<p>11 Mini Sausage & Cheese Flatbread</p> <p>100% Orange Juice</p>	<p>12 Apple Jacks</p> <p>Graham Crackers</p> <p>Raisins & 100% Grape Juice</p>
<p>15 Multi-Grain Cheerios</p> <p>Graham Crackers</p> <p>Raisins & Applesauce</p>	<p>16 Strawberry Yogurt Graham Crackers</p> <p>or</p> <p>Pancakes w/ Syrup</p> <p>100% Apple Juice & Diced Pineapple</p>	<p>17 Cinnamon Raisin Bagel w/ Butter</p> <p>or</p> <p>French Toast w/ Syrup</p> <p>Diced Peaches & 100% Grape Juice</p>	<p>18 Honey Cheerios</p> <p>Graham Crackers</p> <p>or</p> <p>Cinnamon Bun</p> <p>Fresh Apple & 100% Orange Juice</p>	<p>19 Cherry Cocoa Bar</p> <p>Fresh Pear & 100% Very Berry Juice</p>
<p>22 Cinnamon Crisp Bar</p> <p>Raisins & 100% Grape Juice</p>	<p>23 Strawberry Yogurt Graham Crackers</p> <p>or</p> <p>Breakfast Pizza</p> <p>Diced Pineapple & 100% Apple Juice</p>	<p>24 Multi-Grain Cinnamon Flakes</p> <p>Graham Crackers</p> <p>or</p> <p>Apple Frudel</p> <p>Diced Peaches & 100% Grape Juice</p>	<p>25 Plain Bagel w/ Cream Cheese</p> <p>or</p> <p>Waffles w/ Syrup</p> <p>Applesauce & 100% Orange Juice</p>	<p>26 Blueberry Muffin</p> <p>Fresh Orange & 100% Very Berry Juice</p>
<p>29 Banana Muffin</p> <p>Raisins & Applesauce</p>	<p>30 Strawberry Yogurt Graham Crackers</p> <p>or</p> <p>Apple Frudel</p> <p>Diced Pineapple & 100% Apple Juice</p>	<p>Multi-Grain Frosted Flakes</p> <p>Graham Crackers</p> <p>or</p> <p>Cinnamon Butter Honey Biscuit</p> <p>Diced Peaches & 100% Grape Juice</p>	<p>RS Cinnamon Toast Crunch</p> <p>Graham Crackers</p> <p>or</p> <p>Pancakes w/ Syrup</p> <p>Applesauce & 100% Orange Juice</p>	<p>Cinnamon Crisp Bar</p> <p>Raisins & 100% Grape Juice</p>



Lunch K-8

APRIL 2024

MON	TUE	WED	THU	FRI
<p>1 Chicken Nuggets with Baked Beans or Falafel Bitesv with Quinoa Pilaf Black Beans & Tomato</p>	<p>2 Homemade Macaroni & Cheese^v or Beef Meatballs w/ Tomato Sauce & Mozzarella Cheese WW Club Roll Broccoli</p>	<p>3 French Toast Sticks w/ Scrambled Eggs^v Roasted Sweet Potatoes or Hot Honey Chicken Ciabatta Sandwich Roasted Sweet Potatoes</p>	<p>4 Adobo Chicken with Cilantro Brown Rice & Street Corn or Veggie Burger^v on WW Bun Roasted Potatoes</p>	<p>5 French Bread Cheese Pizza^v or Egg Salad Sandwich^v on WW Bread Celery Sticks w/ Ranch Dressing</p>
<p>8 Cheese Quesadilla w/ Sour Creamon WW Tortilla with Street Corn or Beef Meatloaf w/ Gravy WW Bun & Mashed Potatoes BBQ Beef Meatballs</p>	<p>9 BBQ Chicken with Brown Rice & Baked Beans or Chickpea Marinara Pasta^v w/ Cheese</p>	<p>10 Buffalo Chicken Flatbread Melt Celery Sticks w/ Ranch Dressing Or Cheese Raviolis^v w/ Tomato Sauce & Green Beans</p>	<p>11 Stuffed Bread Sticks^v Marinara Dipping Sauce & 100% Sun Splash Juice or Turkey Fajita with Brown Rice and Carrots</p>	<p>12 Cheese Pizza^v Or Chicken Salad Sandwich on WW Bread Garden Side Salad w/ Ranch</p>
<p>15 WW Club Roll or Pasta w/ Tomato Sauce & Mozzarella Cheesev Broccoli Fresh Orange</p>	<p>16 Chicken Tenders with Roasted Potatoes or Protein Pasta Alfredo^v WW Bread Slice Peas Fresh Pear</p>	<p>17 Turkey Hot Dog on WW Bun with Baked Beans or Spanish Rice w/ Cheese & Kidney Beans^v Fresh Apple</p>	<p>18 Cheese Lasagna^v w/ Tomato Sauce & Green Beans or Chicken Caesar Salad with Pita Bread Fresh Banana</p>	<p>19 French Bread Cheese Pizza^v or Chicken Breast Sandwich on WW Bread Baby Carrots w/ Ranch Dressing Raisins</p>
<p>22 Cheese Beef Burger on WW Bun or Egg & Cheese Sandwich on English Muffinv Roasted Potatoes Fresh Orange</p>	<p>23 Turkey Salsa Bowl with Ranchero Brown Rice & Pinto Beans Or Black Beans & Tomatoes or Spanish Rice w/ Cheese & Kidney Beans^v Fresh Pear</p>	<p>24 Beef Meatballs & Spaghetti w/ Tomato Sauce & Broccoli or Veggie Burger^v on WW Bun Garden Side Salad w/ Ranch Fresh Apple</p>	<p>25 Cheesy Crispy Chicken Biscuit with Celery Sticks w/ Ranch or Cobb Salad^v with Pita Bread Fresh Banana</p>	<p>26 Cheese Pizza^v or Turkey & Cheese Sandwich on WW Bread Baby Carrots w/ Ranch Dressing Raisins</p>
<p>29 Chicken Nuggets with Baked Beans or Falafel Bitesv with Quinoa Pilaf Black Beans & Tomato</p>	<p>30 Homemade Macaroni & Cheesev or Beef Meatballs w/ Tomato Sauce & Mozzarella Cheese WW Club Roll Broccoli</p>			



Snack Menu

APRIL 2024

MON	TUE	WED	THU	FRI
1 WG Pretzels 100% Orange Juice	2 WG Graham Crackers 100% Fruit Juice	3 WG Blueberry Muffin String Cheese	4 WG Chewy Granola Bar 100% Fruit Juice	5 WG Tostitos 100% Apple Juice
8 WG Cheez-its 100% Fruit Juice	9 WG Cool Ranch Doritos 100% Orange Juice	10 WG Graham Crackers 100% Apple Juice	11 WG Apple Muffin String Cheese	12 WG Pretzels 100% Orange Juice
15 WG Banana Muffin 100% Orange Juice	16 WG Baked Cheetos 100% Fruit Juice	17 WG Graham Crackers Strawberry Yogurt	18 WG Pretzels Cheese Stick	19 WG Corn Muffin 100% Orange Juice
22 Roasted Sunflower Seeds 100% Fruit Juice	23 WG Cheez-its Baby Carrots w/ Ranch	24 WG Sunchips 100% Orange Juice	25 String Cheese Fresh Large Apple	26 WG Graham Crackers 100% Orange Juice
29 WG Pretzels 100% Orange Juice	30 WG Graham Crackers 100% Fruit Juice	WG Blueberry Muffin String Cheese	WG Chewy Granola Bar 100% Fruit Juice	WG Tostitos 100% Apple Juice

