


TEACH, LEARN, CHANGE – APRIL 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>This institution is an equal opportunity provider All Meals Provided by Teach, Learn, Change * Menu Subject to Change</p> 				
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			Breakfast: Kix, Fruit, Milk Lunch: <i>Spaghetti & Meatballs</i> Meatballs, WG Pasta, Broccoli, Fruit, Milk Snack: Ritz, String Cheese	Breakfast: Waffles, Fruit, Milk Lunch: <i>Chicken Alfredo</i> Chicken, WG Pasta, Green Beans, Salad, Milk Snack: Graham Crackers, Milk
5	6	7	8	9
Breakfast: Rice Krispies, Fruit, Milk Lunch: <i>BBQ Meatballs</i> Meatballs, Mashed Potatoes, WG Dinner Roll, Fruit, Milk Snack: Goldfish, 100% Fruit Juice	Breakfast: Biscuits, Fruit Lunch: <i>Chicken Salad</i> Chicken, Salad, WG Pita Bread, Fruit, Milk Snack: Yogurt, Granola	Breakfast: French Toast Sticks, Fruit, Milk Lunch: <i>Teriyaki Chicken</i> Chicken, Brown Rice, Mixed Vegetables, Fruit, Milk Snack: Pretzels, Cheese Cubes	Breakfast: Rice Chex, Fruit, Milk Lunch: <i>Taco</i> Ground Turkey, Pinto Beans, Corn Tortilla, Fruit, Milk Snack: Graham Crackers, Milk	Breakfast: Life Cereal, Fruit, Milk Lunch: <i>Chicken Cesar Salad</i> Chicken, Salad, WG Pita Bread, Cucumber, Milk Snack: Chex Mix, 100% Fruit Juice
12	13	14	15	16
Breakfast: WG Cheerios, Fruit, Milk Lunch: <i>Chicken Patty Sandwich</i> Breaded Chicken, WG Bun, Carrots, Corn, Milk Snack: Yogurt, Granola	Breakfast: Kix, Fruit, Milk Lunch: <i>Asian Chicken Salad</i> Chicken, Salad, WG Pita Bread, Fruit, Milk Snack: Cheese, Pretzels	Breakfast: Waffles, Fruit, Milk Lunch: <i>Hawaiian Chicken</i> Chicken, WG Brown Rice, Mixed Vegetables, Fruit, Milk Snack: Wheat Thins, 100% Fruit Juice	Breakfast: Corn Chex, Fruit, Milk Lunch: <i>Sloppy Joes</i> Ground Turkey, WG Bun, Waffle Fries, Fruit, Milk Snack: Ritz, Cheese	Breakfast: Pancakes, Fruit, Milk Lunch: <i>BBQ Pulled Chicken</i> Chicken, WG Bun, Baked Beans, Corn, Milk Snack: Goldfish, 100% Fruit Juice
19	20	21	22	23
Breakfast: Biscuits, Fruit, Milk Lunch: <i>Meatball Sub</i> Meatball, WG Sub Roll, Tater Tots, Cole Slaw, Milk Snack: Animal Crackers, Milk	Breakfast: Corn Flakes, Fruits Lunch: <i>Chicken Taco</i> Chicken, WG Corn Tortilla, Fruit, Pinto Beans, Milk Snack: Yogurt, Granola	Breakfast: French Toast, Fruit, Milk Lunch: <i>Penne Pasta</i> Ground Turkey, Penne Pasta, Peas, Salad, Milk Snack: Graham Crackers	Breakfast: English Muffins, Fruit, Milk Lunch: <i>Burger Slider</i> , WG Bun, Waffle Fries, Fruit, Milk Snack: Cheez Its, 100% Juice	Breakfast: Rice Chex, Fruit, Milk Lunch: <i>Turkey Sandwich</i> Sliced Turkey, WG Bread, Cole Slaw, Cucumber, Milk Snack: Goldfish, 100% Juice
26	27	28	29	30
Breakfast: Cheerios, Fruit Lunch: <i>Salisbury Steak</i> Patty, WG Dinner Roll, Corn, Mashed Potatoes, Milk Snack: Pretzels, 100% Fruit Juice	Breakfast: Pancakes, Fruit, Milk Lunch: <i>Chicken Salad</i> Chicken, Cole Slaw, WG Pita Bread, Fruit, Milk Snack: Cheese Itz, 100% Fruit Juice	Breakfast: Kix, Fruit, Milk Lunch: <i>Fried Rice w/ Chicken</i> Chicken, Brown Rice, Peas & Carrots, Fruit, Milk Snack: Club Crackers, Cheese	Breakfast: Biscuits, Fruit, Milk Lunch: <i>Spaghetti</i> Ground Turkey, WG Pasta, Mixed Vegetables, Salad, Milk Snack: Yogurt, Granola	Breakfast: Waffles, Fruit, Milk Lunch: <i>Chili</i> Ground Turkey, Kidney Beans, WG Brown Rice, Fruit, Milk Snack: Graham Crackers, Milk

This menu follows the children's meal pattern minimum serving requirements set forth by the Child and Adult Food Program (CACFP) by serving the following portions:

Breakfast: grain - ½ serving bread or muffin or 1/3 cup dry cereal or ¼cup hot cereal; fruit or vegetable- ½cup; milk - ¾cup **1% plain milk**
Lunch: meat/meat alternate - 1½oz; grain - ½ serving bread or ¼cup cooked grain; vegetable - ¼cup; fruit - ¼cup; milk- ¾cup **1% plain milk**
Snack (two of the following): meat/meat alternate - ½oz; grain - ½ serving bread or ¼cup cooked grain; fruit or vegetable- ½cup; milk- ½cup **1% plain m'**
 *(WG) = Whole Grain

