



April Meal Plan

MON

TUE

WED

THU

FRI

**WEEK OF
APRIL 21ST**

B: ENGLISH MUFFINS, BANANAS,, MILK	B: CEREAL, FRESH FRUIT MILK	B: MINI PANCAKES, FRESH FRUIT, MILK	B: BLUEBERRY MUFFINS, MILK	B: STRAWBERRY BANANA YOGURT, WATER
L: TURKEY MEATBALLS, STEAMED CARROTS, WG ROLL, MIXED FRUIT, MILK	L: ALFREDO & ROTINI, STEAMED BROCCOLI, DICED PEARS, MILK	L: PIZZA, MIXED VEGGIES, APPLESAUCE, MILK	L: GRILLED CHEESE, STEAMED CORN, PEACHES, MILK	L: CHICKEN NUGGETS, STEAMED PEAS, WG BREAD, ORANGES, MILK
S: MAKE YOU OWN EARTH DAY COOKIE, WATER	S: POPSICLE DAY, WATER	S: FRESH FRUIT, WATER	S: GRAHAM CRACKERS, WATER	S: FRESH FRUITS, WATER

**WEEK OF
APRIL
28TH**

B: TOASTED BAGELS, FRESH FRUIT, MILK	B: CEREAL, FRESH FRUIT, MILK	B: FRENCH TOAST STICKS, BANANAS, MILK	CLOSED	CLOSED
L: SLOPPY JOE, STEAMED CORN, CUT STRAWBERRIES, MILK	L: CHICKEN TACOLET/CHEESE, STEAMED CORN, CANTALOUPE MILK	L: PIZZA STICKS, MIXED VEGGIES, FRUIT COCKTAIL, MILK		
S: PRETZELS, WATER	S: SLICED APPLES, WATER	S: OATMEAL COOKIES, WATER		

**WEEK OF
MAY 5TH**

B: CEREAL, FRESH FRUIT, MILK	B: TOASTED BAGELS, BANANAS, MILK	B: ENGLISH MUFFINS AND JELLY, MILK	B: WAFFLES, FRESH FRUIT, MILK	B: CEREAL, FRESH FRUIT, MILK
L: TURKEY AND CHEESE SANDWHICH W/LETTUCE, PINEAPPLE CHUNKS, MILK	L: MAC N CHEESE, GREEN BEANS, SLICED PEARS, MILK	L: CHEESE PIZZA, STEAMED PEAS, MIXED FRUIT COCKTAIL, MILK	L: BAKED ZITI, STEAMED BROCCOLI, SLICED PEACHES, MILK,	L: HOT DOGS, VEGGIE BAKED BEANS, SLICED APPLES , MILK
S: PIZZA CRACKERS, WATER	S: SHORTBREAD COOKIES, WATER	S: GOLD FISH, WATER	S: SPORTS CRACKERS, WATER	S: CHEESE & CRACKERS, WATER

**WEEK OF
MAY 12TH**

B: OATMEAL, BANANAS MILK	B: FRENCH TOAST STICKS, FRESH FRUIT, MILK	B: PANCAKES, BANANAS, MILK	B: CEREAL, FRESH FRUIT, MILK	B: MINI CROISSANTS, FRESH FRUIT, MILK
L: VEGGIE PASTA W/ CREAM SAUCE , ORANGES, MILK	L: ORANGE CHICKEN W/RICE BROCCOLI, PEACHES, MILK	L: PIZZA, STEAMED CORN, MIXED FRUIT, MILK	L: CHICKEN AND CHEESE FLAT BREAD, MIXED VEGGIES, ORANGES MILK	L: HOMEMADE LUNCABLE, STEAMED CARROT, MIXED FRUIT, MILK
S: CELERY WITH SUNBUTTER, WATER	S: SPORTS CRACKERS, WATER	S: FRESH FRUIT, WATER	S: PIZZA CRACKERS, WATER	S: GOLD FISH, WATER



April Vegetarian Plan

MON

TUE

WED

THU

FRI

**WEEK OF
APRIL 21ST**

B: ENGLISH MUFFINS,
BANANAS, MILK

L: PLANT-BASED
MEATBALLS, STEAMED
CARROTS, WG ROLL,
MIXED FRUIT, MILK

S: MAKE YOU OWN EARTH
DAY COOKIE, WATER

B: CEREAL, FRESH FRUIT
MILK

L: ALFREDO & ROTINI,
STEAMED BROCCOLI,
DICED PEARS,
MILK

S: POPSICLE DAY,
WATER

B: MINI PANCAKES,
FRESH FRUIT, MILK

L: PIZZA, MIXED
VEGGIES, APPLESAUCE,
MILK

S: FRESH FRUIT, WATER

B: BLUEBERRY MUFFINS,
MILK

L: GRILLED
CHEESE, STEAMED
CORN, PEACHES,
MILK

S: GRAHAM CRACKERS,
WATER

B: STRAWBERRY
BANANA YOGURT,
WATER

L: CHICK'N NUGGETS,
STEAMED PEAS, WG
BREAD, ORANCES
MILK

S: FRESH FRUITS, WATER

**WEEK OF
APRI 28TH**

B: TOASTED BAGELS,
FRESH FRUIT, MILK

L: PLANT-BASED SLOPPY
JOE, STEAMED CORN,
STRAWBERRIES
MILK

S: PRETZELS, WATER

B: CEREAL, FRESH FRUIT,
MILK

L: CHICK'N
TACOLET/CHEESE
STEAMED CORN,
CANTALOUPE
MILK

S: SLICED APPLES,
WATER

B: FRENCH TOAST
STICKS, BANANAS,
MILK

L: PIZZA STICKS, MIXED
VEGGIES, FRUIT
COCKTAIL
MILK

S: OATMEAL COOKIES,
WATER

CLOSED

CLOSED

**WEEK OF
MAY 28TH**

B: CEREAL, FRESH FRUIT,
MILK

L: CHEESE SANDWICH,
MINI SALAD,
PINEAPPLE CHUNKS,
MILK

S: PIZZA CRACKERS,
WATER

B: TOASTED BAGELS,
BANANAS,
MILK

L: MAC N CHEESE,
STEAMED GREEN BEANS
SLICED PEARS,
MILK

S: SHORTBREAD
COOKIES, WATER

B: ENGLISH MUFFINS
AND JELLY, MILK

L: CHEESE PIZZA
STEAMED PEAS, MIXED
FRUIT COCKTAIL,
MILK

S: GOLD FISH, WATER

B: WAFFLES, FRESH
FRUIT, MILK

L: BAKED ZITI WITH
TOMATO SAUCE,
STEAMED BROCCOLI,
SLICED PEACHES
MILK

S: SPORTS CRACKERS,
WATER

B: CEREAL, FRESH FRUIT,
MILK

L: PLANT-BASED HOT DOG,
VEGGIE BAKED
BEANS, SLICED APPLES
MILK

S: CHEESE & CRACKERS,
WATER

**WEEK OF
MAY 12TH**

B: OATMEAL, BANANAS
MILK

L: VEGGIE PASTA W/
CREAM SAUCE, ORANGES,
MILK

S: CELERY W/ SUNBUTTER,
WATER

B: FRENCH TOAST
STICKS, FRESH FRUIT
MILK

L: ORANGE CHICKEN W/
RICE, BROCCOLI,
PEACHES, MILK

S: SPORTS CRACKERS,
WATER

B: PANCAKES,
BANANAS, MILK

L: PIZZA, STEAMED
CORN, MIXED FRUIT,
MILK

S: FRESH FRUIT,
WATER

B: CEREAL, FRESH FRUIT,
MILK

L: CHICKEN & CHEESE
FLAT BREAD, MIXED
VEGGIES, ORANGES
MILK

S: PIZZA CRACKERS,
WATER

B: MINI CROISSANTS,
FRESH FRUIT, MILK

L: HOMEMADE
LUNCABLE, STEAMED
CARROTS, MIXED
FRUIT, MILK

S: GOLD FISH, WATER

