

# FROM THE HEART – APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p><b>Breakfast:</b> WG Cheerios, Fruit, Milk  <b>Lunch:</b> <i>M.Y.O. Bean &amp; Cheese Burrito</i>                      Refried Beans, Tortilla, Salad, Fruit, Milk  <b>Snack:</b> Goldfish, 100% Fruit Juice</p>	<p><b>Breakfast:</b> Pancakes, Fruit, Milk  <b>Lunch:</b> <i>BBQ Chicken</i>                      Chicken, WG Roll, Mashed Potatoes, Corn, Milk  <b>Snack:</b> Pretzels, Fruit Juice</p>	<p><b>Breakfast:</b> WG Life, Fruit, Milk  <b>Lunch:</b> <i>Chili</i>                      Ground Turkey, Kidney Beans, WG Brown Rice, Corn, Milk  <b>Snack:</b> Ritz Crackers, Cheese</p>	<p><b>Breakfast:</b> WG Kix, Fruit, Milk  <b>Lunch:</b> <i>Baked Chicken</i>                      Chicken, WG Pasta, Mixed Vegetables, Salad, Milk  <b>Snack:</b> Graham Crackers, Milk</p>	<p><b>Breakfast:</b> Waffles, Fruit, Milk  <b>Lunch:</b> <i>Turkey Sandwich</i>                      Sliced Turkey, WG Sliced Bread, Salad, Carrot Sticks, Milk  <b>Snack:</b> Wheat Thins, Milk</p>
8	9	10	11	12
<p><b>Breakfast:</b> Biscuits, Fruit, Milk  <b>Lunch:</b> <i>Meatball Sub</i>                      Meatball, WG Sub Roll, Tater Tots, Cole Slaw, Milk  <b>Snack:</b> Chex Mix, 100% Fruit Juice</p>	<p><b>Breakfast:</b> English Muffins, Fruit, Milk  <b>Lunch:</b> <i>Teriyaki Chicken</i>                      Chicken, WG Brown Rice, Mixed Vegetables, Salad, Milk  <b>Snack:</b> Graham Crackers, Milk</p>	<p><b>Breakfast:</b> Pancakes, Fruit, Milk  <b>Lunch:</b> <i>Chicken Patty Sandwich</i>                      Breaded Chicken Patty, WG Bun, Carrot Sticks, Fruit, Milk  <b>Snack:</b> Ritz Crackers, Cheese</p>	<p><b>Breakfast:</b> Waffles, Fruit, Milk  <b>Lunch:</b> <i>Taco Bowl</i>                      Ground Turkey, Pinto Beans, Corn, WG Brown Rice, Milk  <b>Snack:</b> Cheez Its, 100% Fruit Juice</p>	<p><b>Breakfast:</b> Corn Flakes, Fruit, Milk  <b>Lunch:</b> <i>Asian Chicken Salad</i>                      Chicken, Salad, WG Pita Bread, Fruit, Milk  <b>Snack:</b> Yogurt, Granola</p>
15	16	17	18	19
<p><b>Breakfast:</b> Biscuits, Fruit, Milk  <b>Lunch:</b> <i>Burger</i>                      Slider, WG Bun, Corn, Tater Tots, Milk  <b>Snack:</b> Chex Mix, 100% Fruit Juice</p>	<p><b>Breakfast:</b> WG Cheerios, Fruit, Milk  <b>Lunch:</b> <i>BBQ Meatballs</i>                      Meatballs, Mashed Potatoes, WG Dinner Roll, Corn, Milk  <b>Snack:</b> Cheez Its, 100% Fruit Juice</p>	<p><b>Breakfast:</b> Rice Krispies, Fruit, Milk  <b>Lunch:</b> <i>Penne Pasta</i>                      Ground Turkey, WG Penne Pasta, Peas, Fruit, Milk  <b>Snack:</b> Ritz Crackers, Cheese</p>	<p><b>Breakfast:</b> Biscuits, Fruit, Milk  <b>Lunch:</b> <i>Taco</i>                      Ground Turkey, Pinto Beans, WG Corn Tortilla, Fruit, Milk  <b>Snack:</b> Graham Crackers, Milk</p>	<p><b>Breakfast:</b> Pancakes, Fruit, Milk  <b>Lunch:</b> <i>Chicken Salad</i>                      Chicken Salad, WG Pita, Cucumber, Salad, Milk  <b>Snack:</b> Goldfish, Milk</p>
22	23	24	25	26
<p><b>Breakfast:</b> Special K, Fruit, Milk  <b>Lunch:</b> <i>Sloppy Joes</i>                      Ground Turkey, WG Bun, Waffle Fries, Fruit, Milk  <b>Snack:</b> Cheez Its, 100% Fruit Juice</p>	<p><b>Breakfast:</b> Yogurt, Fruit, Milk  <b>Lunch:</b> <i>Chicken Taco</i>                      Chicken, WG Corn Tortilla, Fruit, Refried Beans, Milk  <b>Snack:</b> WG Goldfish, 100% Fruit Juice</p>	<p><b>Breakfast:</b> WG Life, Fruit, Milk  <b>Lunch:</b> <i>Spaghetti &amp; Meatballs</i>                      Meatballs, WG Pasta, Mixed Vegetables, Fruit, Milk  <b>Snack:</b> WG Animal Crackers, Milk</p>	<p><b>Breakfast:</b> Pancakes, Fruit, Milk  <b>Lunch:</b> <i>Chicken Alfredo</i>                      Chicken, WG Pasta, Broccoli, Fruit, Milk  <b>Snack:</b> Yogurt, Granola</p>	<p><b>Breakfast:</b> Waffles, Fruit, Milk  <b>Lunch:</b> <i>Chicken Cesar Salad</i>                      Chicken, Salad, WG Pita Bread, Carrot Sticks, Milk  <b>Snack:</b> Wheat Thins, Milk</p>
29	30	This institution is an equal opportunity provider.  All Meals Provided by Feeding Their Future * <b>Menu Subject to Change</b>		
<p><b>Breakfast:</b> Special K, Fruit, Milk  <b>Lunch:</b> <i>M.Y.O. Bean &amp; Cheese Burrito</i>                      Refried Beans, Tortilla, Salad, Fruit, Milk  <b>Snack:</b> Goldfish, 100% Fruit Juice</p>	<p><b>Breakfast:</b> Pancakes, Fruit, Milk  <b>Lunch:</b> <i>BBQ Chicken</i>                      Chicken, WG Roll, Mashed Potatoes, Corn, Milk  <b>Snack:</b> Pretzels, Cheese</p>			

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 (Ages 1-2):** grain - ½ serving bread or muffin or ½ oz eq dry cereal or ¼ cup hot cereal; fruit or vegetable- 1/4 cup; milk - ½ cup
- 1% plain milk (whole milk for children age 1)**
- (Ages 3-5):** grain - ½ serving bread or muffin or ½ oz eq dry cereal or ¼cup hot cereal; fruit or vegetable- ½ cup; milk - ¾ cup 1% plain milk
- Lunch: (Ages 1-2)** meat/meat alternate - 1 oz; grain - ½ serving bread or ¼ cup cooked grain; vegetable - 1/8 cup; fruit or vegetable - 1/8 cup; milk- 1/2 cup
- 1% plain milk (whole milk for children age 1)**
- (Ages 3-5)** meat/meat alternate - 1½oz; grain - ½ serving bread or ¼cup cooked grain; vegetable - ¼ cup; fruit or vegetable - ¼ cup; milk- ¾ cup 1% plain milk
- Snack (two of the following): (Ages 1-2 and 3-5)** meat/meat alternate – ½ oz, yogurt 2 oz; grain - ½ serving bread or ¼cup cooked grain; fruit or vegetable- ½cup; milk- ½cup
- 1% plain milk (whole milk for children age 1)**

\*(WG) = Whole Grain