



April 2023 Child Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>April 3-7</u>					
<u>Breakfast</u>	WG Bagel and Cream Cheese, Pear	Scrambled Eggs with Spinach, Bacon and Cheese, Apple	Turkey Bacon, WG Toast with Butter, Grapefruit	WG Turkey Sausage and Cheese Quesadilla, Banana	WG French Toast Bake, Oranges
<u>Lunch</u>	Pepperoni and Green Olive Pizza, Green Beans, Red Pepper	Turkey, Craisin, Wild Rice and Spinach Turkey Burger, BBQ Baked Beans, Oven Baked Sweet Potato Fries	Beef Taco with WG Nixta Corn Tortilla, Cheese, Lettuce, Pinto Beans, Avocado, Salsa	Indian Butter Chicken, Aromatic Biryani Brown Rice, Broccoli, Butternut Squash	WG Pesto Tortellini, Italian Pork Sausage, Asparagus, Cauliflower, WG Garlic Breadstick
<u>Snack</u>	Applesauce, Graham Cracker	WG Tortilla, Corned Beef, Cream Cheese and Pickle Roll Up, Milk	Plain Yogurt, Strawberries	Cottage Cheese, Red Bell Pepper	WG Blueberry Muffin, Milk
<u>April 10-14</u>					
<u>Breakfast</u>	Oatmeal, Apple	Yogurt, Granola, Berries	WG Cornbread, Feta and Dill Muffin	WG Breakfast Pizza: Turkey Sausage Gravy, Mozzarella Cheese, Orange	Build Your Own Sandwich: Pork Sausage, WG English Muffin, Cheese Slice, Pear
<u>Lunch</u>	Thai Style Pork and Chicken Meatballs, Coconut Brown Rice, Red Bell Pepper, Mango	WG Macaroni and Cheese with Ground Beef, Cucumbers, Green Beans	WG Buttermilk Pancake, Turkey Sausage Patty, Broccoli, Grapefruit	Chicken Wild Rice Soup, Spinach Salad or Peas, Cauliflower, WG Dinner Roll	Moroccan Pulled Beef Sandwiches, Honey'd Carrots, Roasted Chickpeas, Lemon Tahini Sauce, Feta Cheese
<u>Snack</u>	Strawberry, Banana Yogurt Smoothie, Toasty O's	Brazilian Cheese Bread, Marinara, Cherry Tomatoes	Devilled Egg, Mini Rice Cake	Pizza Cracker: Cracker, Mozzarella, Pepperoni	WG Pumpkin Bread, Milk
<u>April 17-21</u>					
<u>Breakfast</u>	Toasty O's Cereal, Wheat Squares, Orange	WG Buttermilk Sheet Pan Pancake with Strawberry Sauce, Apple	WG Egg and Cheese Burrito, Banana		
<u>Lunch</u>	Egg Fried Brown Rice, Teriyaki Pork, Edamame, Broccoli, Mild Kimchi	Lebanese Beef Kafta, WG Pita Bread, Hummus, Tomatoes and Cucumbers, Feta Cheese	Mason Jar Shaker Mexican Rice Bowl: Brown Rice, Chicken Thighs, Black Beans, Corn, Salsa, Cheese	Kid Zone Closed for Professional Development Day	Kid Zone Closed for Professional Development Day

- Beverages of milk and water will always be offered for meals and snacks. Whole milk is for children aged 1-2. 1% milk is for children aged 3-5
- The menu is subject to change based on the availability of fresh ingredients.
- WG symbolizes Whole Grain products, containing at least 50% whole grains.



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Snack	Ferndale Market Turkey Cubes, Cheese Cubes, Apples	Soft Pretzel, Mustard, Cheese Curds	WG Banana Bread, Milk		
<u>April 24-28</u>					
Breakfast	Strawberry Oatmeal, Apple	WG Bagel, Cream Cheese, Orange	Yogurt, Granola, Berries	Feta, Spinach and Potato Egg Bake, Avocado	WG Blueberry Muffin, Pear
Lunch	Greek Chicken Thighs, Brown Rice, Feta Cheese, Olives, Tangerine, Cucumbers	Korean Beef Bibimbap, Brown Rice, Mild Kimchi, Edamame, Yam Fries	Pesto Pizza, Red Beets, Green Beans	WG Spaghetti with Lemon, Peas and Bacon, Asparagus, Spinach Salad, or Carrots , Grilled Lemon Chicken	Pork and Beef Meatballs, WG Garlic Cheese Bread, Red Pepper, Cauliflower
Snack	String Cheese, Cracker	WG Cheese Quesadilla, Salsa	Sun Butter, Rice Cake	Cottage Cheese, Red Bell Pepper	Garlicky Hummus, WG Pita Bread

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