

APRIL MENU 2010

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | WEEKLY AVERAGE |
|---|---|--|--|--|--|
| <p>12 BREAKFAST Pop Tart or Cold Cereal Animal Crackers Fruit Cocktail Choice of Milk LUNCH Galaxy Pizza or Cheeseburger on Whole Grain Bun Baked fries <u>Healthy Choices</u> Green beans Applesauce Fresh Oranges Choice of Milk 1 HOUR EARLY RELEASE PLC</p> | <p>13 BREAKFAST Egg & Cheese on Whole Grain Bun or Cold Cereal Banana Muffin Top Fruit Cocktail Choice of Milk LUNCH Soft Taco or Chicken Nuggets Peanut Butter Candy <u>Healthy Choices</u> Shredded Lettuce Yellow Sweet Corn Sliced Pears Choice of Milk</p> | <p>14 BREAKFAST Sausage & Cheese on Whole Grain Bun or Cold Cereal Breakfast Crackers Fresh Orange Smiles Choice of Milk LUNCH Crispito™ or Mini Corn Dogs Mashed Potatoes/Chicken Gravy <u>Healthy Choices</u> Green Salad Ranch Dressing Fruit Cocktail Sliced Peaches Choice of Milk</p> | <p>15 BREAKFAST Pancakes/syrup or Cold Cereal Toasted Peanut Butter Bun Fresh Apple Wedges Choice of Milk LUNCH Pizza Slice or Toasted Cheese Sandwich on Whole Grain Bread Fruit and Grain Bar <u>Healthy Choices</u> Tossed Salad Ranch Dressing Fresh Baby carrots Blueberries/Strawberries Mandarin oranges Choice of Milk</p> | <p>16 BREAKFAST Ham & Cheese on Whole Grain Bun or Cold Cereal Hashbrown Tots Fruit Juice Choice of Milk LUNCH Chef Boy Ar Dee Mini Ravioli or Chicken Strips Candy Chip Cookie <u>Healthy Choices</u> Pineapple Fresh Apple slices Hot Mixed Vegetables Cheese Sauce Choice of Milk</p> | <p style="text-align: center;">WEEK 2: 12-16 BREAKFAST</p> <p>CALORIES 576 CARBOHYDRATES 60.23% PROTEIN 13.71% TOTAL FAT 27.52% SATURATED FAT 8.68% CALCIUM (mg) 396.5 IRON (mg) 3.75 VIT C (mg) 21.35 VIT A (RE) 233</p> <p style="text-align: center;">LUNCH</p> <p>CALORIES 709 CARBOHYDRATES 58.90% PROTEIN 14.94% TOTAL FAT 26.33% SATURATED FAT 9.71% CALCIUM (mg) 546.2 IRON (mg) 4.20 VIT C (mg) 25.61 VIT A (RE) 410</p> |
| <p>19 BREAKFAST Pop Tart or Cold Cereal Animal Crackers Fruit Cocktail Choice of Milk LUNCH Southern Style Chicken Drummies or Hot Dog Tater Tots <u>Healthy Choices</u> Pineapple Sliced Pears Applesauce Choice of Milk</p> | <p>20 BREAKFAST Egg & Cheese on Whole Grain Bun or Cold Cereal Applesauce Muffin Top Fruit Cocktail Choice of Milk LUNCH Nachos or Chicken Burger on Whole Grain Bun Fruit Snacks <u>Healthy Choices</u> Tossed Salad Ranch Dressing Baby Carrots Sliced Peaches Choice of Milk</p> | <p>21 BREAKFAST Sausage & Cheese on Whole Grain Bun or Cold Cereal Breakfast Crackers Fresh Orange Smiles Choice of Milk LUNCH Grilled Chicken Wrap or Burrito or UNCRUSTABLE Popcorn <u>Healthy Choices</u> Shredded Lettuce Chicken Rice Mandarin Oranges Choice of Milk</p> | <p>22 BREAKFAST Combo Bar or Cold Cereal Toasted Cinnamon Butter Bun Fresh Apple Wedges Choice of Milk LUNCH Pizza Slice or Toasted Cheese Sandwich on Whole Grain Bread String Cheese Jello Cup <u>Healthy Choices</u> Tossed Salad Ranch Dressing Pineapple Tidbits Fresh Broccoli & Cauliflower Choice of Milk</p> | <p>23 BREAKFAST Ham & Cheese on Whole Grain Bun or Cold Cereal Hashbrown Tots Fruit Juice Choice of Milk LUNCH Spaghetti Sauce with Noodles or Teriyaki Beef Bites Sugar cookie <u>Healthy Choices</u> Peas Fruit Cocktail Fresh Apple Slices Choice of Milk</p> | <p style="text-align: center;">WEEK 3: 19-23 BREAKFAST</p> <p>CALORIES 572 CARBOHYDRATES 60.84% PROTEIN 13.19% TOTAL FAT 27.10% SATURATED FAT 9.03% CALCIUM (mg) 399.0 IRON (mg) 4.06 VIT C (mg) 22.69 VIT A (RE) 258</p> <p style="text-align: center;">LUNCH</p> <p>CALORIES 781 CARBOHYDRATES 58.43% PROTEIN 15.27% TOTAL FAT 25.87% SATURATED FAT 8.03% CALCIUM (mg) 527.7 IRON (mg) 5.79 VIT C (mg) 37.79 VIT A (RE) 573</p> |
| <p>26 BREAKFAST Pop Tart or Cold Cereal Animal Crackers Fruit Cocktail Choice of Milk LUNCH Corn Dog or Chicken Nuggets Macaroni & Cheese <u>Healthy Choices</u> Fresh Baby carrots Sliced Pears Applesauce Choice of Milk 1 HOUR EARLY RELEASE PLC</p> | <p>27 BREAKFAST Egg & Cheese on Whole Grain Bun or Cold Cereal Banana Muffin Top Fruit Cocktail Choice of Milk LUNCH Chicken Alfredo or Pizza Stick Bread Stick <u>Healthy Choices</u> Green Salad Ranch Dressing Fruit Cocktail Sliced Peaches Choice of Milk</p> | <p>28 BREAKFAST Sausage & Cheese on Whole Grain Bun or Cold Cereal Breakfast Crackers Fresh Orange Smiles Choice of Milk LUNCH Enchiladas or Chick Burger or UNCRUSTABLE Fruit and Grain Bar <u>Healthy Choices</u> Shredded Lettuce Yellow Sweet Corn Fresh Orange Wedges Choice of Milk</p> | <p>29 BREAKFAST Yogurt cup or Cold Cereal Toasted Peanut Butter Bun Fresh Apple Wedges Choice of Milk LUNCH Pizza Slice or Toasted Cheese Sandwich Animal Crackers <u>Healthy Choices</u> Tossed Salad Ranch Dressing Green Beans Mandarin Oranges Choice of Milk</p> | <p>30 BREAKFAST Ham & Cheese on Whole Grain Bun or Cold Cereal Hashbrown Tots Fruit Juice Choice of Milk LUNCH Chicken strips or Teriyaki Beef Bites Mashed Potatoes/ Brown Gravy <u>Healthy Choices</u> Fresh Veggies Fresh Apple/ Pineapple Tidbits Choice of Milk</p> | <p style="text-align: center;">WEEK 4: 26-30 BREAKFAST</p> <p>CALORIES 594 CARBOHYDRATES 60.70% PROTEIN 13.57% TOTAL FAT 27.02% SATURATED FAT 8.44% CALCIUM (mg) 417.6 IRON (mg) 4.16 VIT C (mg) 22.42 VIT A (RE) 248</p> <p style="text-align: center;">LUNCH</p> <p>CALORIES 697 CARBOHYDRATES 62.65% PROTEIN 15.57% TOTAL FAT 21.56% SATURATED FAT 7.54% CALCIUM (mg) 532.3 IRON (mg) 4.32 VIT C (mg) 22.87 VIT A (RE) 356</p> |