## **EC Menus April 2019**

Red-Fresh Fruit Blue-Fresh Vegetables Green-Snack Meat/Meat Alternate
Purple-Breakfast Meat/Meat Alternate Brown-Whole Grain Food



Milk is served with breakfast and with snack

Monday	Tuesday	Wednesday	Thursday	Friday
4/1	4/2	4/3	4/4	4/5
Unsweetened Cereal	Belgian Waffle	Unsweetened Cereal	Pancake	Whole Grain
Diced Peaches	Strawberries	Fresh Banana	Warm Cinnamon Apples	Bagel/Cream Cheese Fresh Honeydew
Tomato Soup	Sweet and Sour Chicken	Baked Tilapia	Seasoned Taco Meat	Homemade Chicken
Toasted Cheese Dippers	Lo Mein Noodles	Roasted Potatoes	Shredded Lettuce	Strips/BBQ Sauce
Fresh Apple	Green Beans	Strawberries	Diced Tomatoes/Salsa	Corn on Cob
	Pineapple	Whole Wheat Roll	Fresh Orange Wedges	Diced Pears
			Flour Tortilla	Challah
Fresh Pear w/Sun Butter	Carrot Fries/Ranch Dressing	Snack Mix	Diced Peaches	Fresh Cantaloupe
4/8	4/9	4/10	4/11	4/12
Unsweetened Cereal	French Toast	Unsweetened Cereal	Blueberry Bagel	Whl Wht Toast/Hard
Diced Pears	Tropical Fruit	Fresh Banana	Strawberries	Boiled Egg Half
				Pineapple
Cheesy Ziti Pasta	Southwestern Chicken	Vegetable Soup	Homemade Turkey	Seasoned Chicken
Green Salad/Ranch	Strips	Cheesy Bagel	Burger/Whl Wht Roll	Drumsticks
Dressing	Texas Rice	Fresh Honeydew	Seasoned Potato	Maple Glazed Carrot
Fresh Red Grapes	Green Beans		Wedges	Sticks
	Fresh Apple		Pineapple Tidbits	Mixed Fruit
				Challah
Peaches/Oat Granola	Fresh Orange	Sun Butter/Graham	Fresh Pear	Soft Pretzel Bites/Honey
		Crackers		Mustard Dip

## **EC Menus April 2019**

Red-Fresh Fruit Blue-Fresh Vegetables Green-Snack Meat/Meat Alternate
Purple-Breakfast Meat/Meat Alternate Brown-Whole Grain Food



Milk is served with breakfast and with snack

Monday	Tuesday	Wednesday	Thursday	Friday
4/15	4/16 Mock Seder	4/17 Kasher	4/18 Passover Meals	4/19 Passover
Oatmeal	Whole Grain Biscuit	Unsweetened Cereal	French Toast	Matza/Cream Cheese
Diced Peaches	Mixed Fruit	Fresh Banana	Strawberries	Mandarin Oranges
Mac and Cheese	Hamburger on Slider Bun	Tuna Salad	Orange Glazed Chicken	Matza Pizza
Seasoned Tofu Crumbles	French Fries	Egg Salad	Drums	Hard Boiled Egg
& Mac	Fresh Apple	Chilled Roasted Carrots	Veggie Patty	Roasted Zucchini Slices
Green Beans		Diced Peaches	Green Salad/Ranch	Tropical Fruit
Fresh Oranges		Whole Grain Crackers	Dressing (non-dairy)	Matza
			Applesauce	
			Matza	
Whole Grain Bagel/Sun	Soft Pretzel Bites	Cheese Crackers	Fresh Pear	Fresh Red Grapes
Butter				•
4/22 Passover	4/23 Passover	4/24 Passover	4/25 Passover	4/26 Passover
Unsweetened Cereal	Matza/Cream Cheese	Unsweetened Cereal	Apple Cinnamon Matza	Matza/Cream Cheese
Diced Peaches	Cantaloupe Cubes	Fresh Banana	Brei	Applesauce
			Fresh Red Grapes	
Baked Tilapia	Seasoned Taco Meat	Tomato Soup	Homemade Sweet &	Homemade Chicken
Scrambled Eggs	Veggie Crumbles/Veggie	Matza Melt	Sour Meatballs	Strips/Ranch Dressing
Au Gratin Potatoes	Crumbles	Egg Salad	Veggie Patty/ Veggie	Veggie Patty
Fresh Strawberries	Shredded Lettuce	Fresh Apple	Patty	Roasted Baby Carrots
Matza	Diced Tomatoes/Salsa		Mashed Potatoes	Fresh Pear
	Fresh Orange Wedges		Pineapple	Matza
	Matza		Matza	
Carrot Fries/Russian	Fresh Apple	Diced Peaches	Cantaloupe/Kiwi	Fresh Red Grapes
Dressing		Macaroons		
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Purple-Breakfast Meat/Meat Alternate Brown-Whole Grain Food



Milk is served with breakfast and with snack

Monday	Tuesday	Wednesday	Thursday	Friday
4/29	4/30	5/1	5/2	5/3
Unsweetened Cereal	Whl Wht Bagel/Cream	Unsweetened Cereal	Whole Grain Biscuit	French Toast
Diced Peaches	Cheese	Fresh Banana	Mixed Fruit	Fresh Strawberries
	Fresh Orange Wedges			
Cheese Pizza	Scrambled Eggs	Baked Tilapia	Taco Pasta	Seasoned Chicken
Cucumber Slices w/	Roasted Potatoes	Rainbow Rice	Mexi Corn	Drumsticks
Ranch Dressing	Fresh Red Grapes	Broccoli/Cauliflower	Honeydew & Kiwi	Sweet Potato Wedges
Tropical Fruit	Belgian Waffle	Diced Peaches		Applesauce
				Challah
Yogurt/Granola	Applesauce/Graham	Red Grapes	Snack Mix	Tropical Fruit
1 ogur oranola	Cracker	Red Grapes	DILUCK IVIIA	110picai 1 tuit

## **Early Childhood Special Menus April 2019**



Red-Vegetarian Green-No red meat Blue-No Dairy No-Turkey Purple-No Eggs No Dairy & No Eggs

Milk is served with breakfast and snack Fresh fruit is subject to change depending on availability

Monday	Tuesday	Wednesday	Thursday	Friday
4/1	4/2	4/3	4/4	4/5
Unsweetened Cereal Diced Peaches	Belgian Waffle Strawberries	Unsweetened Cereal Fresh Banana	Pancake Warm Cinnamon Apples	Whole Grain Bagel/Cream Cheese Fresh Honeydew
Tomato Soup Toasted Cheese Dippers Egg Salad on Wheat Bread Fresh Apple	Sweet and Sour Chicken Sweet and Sour Tofu Lo Mein Noodles Green Beans Pineapple Tidbits	Baked Tilapia Veggie Patty Roasted Potatoes Strawberries Whole Wheat Roll	Seasoned Taco Meat Seasoned Tofu Crumbles/Seasoned Tofu Crumbles Shredded Lettuce Diced Tomatoes/Salsa Fresh Orange Wedges Flour Tortilla	Homemade Chicken Strips/BBQ Sauce Seasoned Tofu Strips Corn on Cob Diced Pears Challah
Fresh Pear w/Sun Butter	Carrot Fries/Ranch Dressing	Snack Mix	Diced Peaches	Fresh Cantaloupe
4/8	4/9	4/10	4/11	4/12
Unsweetened Cereal Diced Pears	French Toast Tropical Fruit	Unsweetened Cereal Fresh Banana	Blueberry Bagel Strawberries	Whl Wht Toast/Hard Boiled Egg Half Pineapple Tidbits
Cheesy Ziti Pasta Tofu Crumbles w/Ziti Pasta Green Salad/Ranch Dressing Fresh Red Grapes  Peaches/Oat Granola	Southwestern Chicken Strips Southwestern Tofu Strips Texas Rice Green Beans Fresh Apple  Fresh Orange	Vegetable Soup Cheesy Bagel Hard Boiled Egg w/Bagel Fresh Honeydew  Sun Butter/Graham Crackers	Homemade Turkey Burger/Whl Wht Roll Homemade Veggie Patty/Whl Wht Roll Seasoned Potato Wedges Pineapple Tidbits Fresh Pear	Seasoned Chicken Drumsticks Seasoned Sliced Tofu Maple Glazed Carrot Sticks Mixed Fruit Challah Soft Pretzel Bites/Honey Mustard Dip

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Monday	Tuesday	Wednesday	Thursday	Friday
4/15	4/16 Mock Seder	4/17 Kasher	4/18 Passover Meals	4/19 Passover
Oatmeal	Whole Grain Biscuit	Unsweetened Cereal	French Toast	Matza/Cream Cheese
Diced Peaches	Mixed Fruit	Fresh Banana	Strawberries	Mandarin Oranges
Mac and Cheese	Hamburger on Slider Bun	Tuna Salad	Orange Glazed Chicken	Matza Pizza
Seasoned Tofu Crumbles	French Fries	Tuna/No Mayo	Drums	Hard Boiled Egg
& Mac	Fresh Apple	Egg Salad	Orange Glazed Veggie	Roasted Zucchini Slices
Green Beans		Chilled Roasted Carrots	Patty	Tropical Fruit
Fresh Oranges		Diced Peaches	Green Salad/Ranch	Matza
		Whole Grain Crackers	Dressing (non-dairy)	
			Applesauce	
Wile also Consist Describeration	Soft Pretzel Bites	Cheese Crackers	Matza Fresh Pear	English Dad Courses
Whole Grain Bagel/Sun Butter	Soft Pretzei Bites	Cheese Crackers	Fresh Pear	Fresh Red Grapes
4/22 Passover	4/23 Passover	4/24 Passover	4/25 Passover	4/26 Passover
Unsweetened Cereal	Matza/Cream Cheese	Unsweetened Cereal	Apple Cinnamon Matza	Matza/Cream Cheese
Diced Peaches	Cantaloupe Cubes	Fresh Banana	Brei	Applesauce
	_		Fresh Red Grapes	
Baked Tilapia	Seasoned Taco Meat	Tomato Soup	Homemade Sweet &	Homemade Chicken
Scrambled Eggs	Veggie Crumbles/Veggie	Matza Melt	Sour Meatballs	Strips/Ranch Dressing
Au Gratin Potatoes	Crumbles/Veggie	Egg Salad	Sweet & Sour Veggie	Veggie Patty
Fresh Strawberries	Crumbles	Fresh Apple	Patty/Sweet & Sour	Roasted Baby Carrots
Matza	Shredded Lettuce		Veggie Patty	Fresh Pear
	Diced Tomatoes/Salsa		Mashed Potatoes	Matza
	Fresh Orange Wedges		Pineapple	
	Matza		Matza	
Carrot Fries/Russian	Fresh Apple	Diced Peaches	Cantaloupe/Kiwi	Fresh Red Grapes
Dressing		Macaroons		

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Red-Vegetarian Green-No red meat Blue-No Dairy No-Turkey Purple-No Eggs No Dairy & No Eggs

Milk is served with breakfast and snack Fresh fruit is subject to change depending on availability

Monday	Tuesday	Wednesday	Thursday	Friday
4/29	4/30	5/1	5/2	5/3
Unsweetened Cereal	Whl Wht Bagel/Cream	Unsweetened Cereal	Whole Grain Biscuit	French Toast
Diced Peaches	Cheese	Fresh Banana	Mixed Fruit	Fresh Strawberries
	Fresh Orange Wedges			
Cheese Pizza	Scrambled Eggs	Baked Tilapia	Taco Pasta	Seasoned Chicken
Pizza w/Tofu Crumbles	Seasoned Chicken Strips	Veggie Patty	Taco Seasoned Tofu	Drumsticks
Cucumber Slices w/	Roasted Potatoes	Rainbow Rice	Crumbles Pasta/Taco	Veggie Patty
Ranch Dressing	Fresh Red Grapes	Broccoli/Cauliflower	Seasoned Tofu	Sweet Potato Wedges
Tropical Fruit	Belgian Waffle	Diced Peaches	Crumbles Pasta	Applesauce
			Mexi Corn	Challah
			Honeydew & Kiwi	
Yogurt/Granola	Applesauce/Graham	Red Grapes	Snack Mix	Tropical Fruit
	Cracker			