

EC Menus April 2018

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
4/2	4/3	4/4	4/5	4/6
Unsweetened Cereal Diced Peaches	Matza/ Cream Cheese Cantaloupe Cubes	Unsweetened Cereal Fresh Banana	Apple Cinnamon Matza Brei Fresh Red Grapes	Matza/ Cream Cheese Applesauce
Baked Tilapia Au Gratin Potatoes Fresh Strawberries Matza	Seasoned Taco Meat Shredded Lettuce Diced Tomatoes/Salsa Fresh Orange Wedges Matza	Tomato Soup Matza Melt Fresh Apple	Homemade Sweet and Sour Meatballs Mashed Potatoes Pineapple Tidbits Matza	Homemade Chicken Strips/Ranch Dressing Roasted Baby Carrots Diced Pears Matza
Carrot Fries/Russian Dressing	Fresh Apple	Honeydew Cubes	Diced Peaches/Macaroons	Fresh Banana
4/9	4/10	4/11	4/12	4/13
Cereal Diced Peaches	Blueberry Bagel Strawberries	Cereal Banana Half	French Toast Tropical Fruit	Whl Wht Toast/Hard Boiled Egg Half Pineapple Tidbits
Tomato Soup Toasted Cheese Dippers (whole wheat bread) Fresh Honeydew Cubes	Homemade Turkey Burger on Slider Bun Seasoned Potato Wedges Pineapple Tidbits	Baked Tilapia Rainbow Rice Green Beans Mixed Fruit Dinner Roll	Seasoned Taco Meat Shredded Lettuce Diced Tomatoes/Salsa Flour Tortilla Fresh Orange Wedges	Seasoned Chicken Drumsticks Maple Glazed Sliced Carrots Mixed Fruit Challah
Fresh Apple	Graham Crackers/Sun Butter	Fresh Pear	Peaches/Oat Granola	Soft Pretzel Bites/Honey Mustard Dip

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Monday	Tuesday	Wednesday	Thursday	Friday
4/16	4/17	4/18	4/19	4/20
Cereal Mixed Fruit	Cinnamon Wheat Toast Apricot Halves	Oat Granola Banana	Whole Grain Bagel/Cream Cheese Tropical Fruit	Whole Grain Biscuit Strawberries
Mexican Cheese Pizza Shredded Lettuce Diced Tomatoes Salsa Cantaloupe	Hamburger/Bun Mini Potato Pancakes Watermelon	Tuna Salad Roasted Carrot Sticks w/Russian Dressing Fresh Red Grapes Mini Pretzel Bread Sticks	Ziti Pasta w/Meat Sauce Green Salad/Caesar Dressing Fresh Pear	Homemade Oven Fried Chicken Strips Mashed Sweet Potatoes Pineapple Tidbits Challah
Cinnamon Graham Snack	Pineapple Tidbits	Yogurt and Graham Crackers	Cereal Snack Mix	Applesauce
4/23	4/24	4/25	4/26	4/27
Unsweetened Cereal Diced Pears	French Toast Sticks Diced Peaches	Oatmeal w/Apple Slices	Whole Grain Biscuit Mandarin Oranges	Whl Wht Toast/Sun Butter Strawberries
Mac and Cheese Green Beans Strawberries/Kiwi	Scrambled Eggs w/Smoked Turkey Hash Brown Potatoes Fresh Red Grapes Whl Wheat English Muffin Half	Cheese Pizza Cucumber Slices w/ Ranch Dressing Tropical Fruit	Sloppy Joes Sweet Corn Pineapple Tidbits Slider Bun	Turkey/Gravy Mashed Potatoes Cran Applesauce Challah
Soft Pretzel Bites/Honey Mustard Sauce	Fresh Orange Wedges	Crackers/ Cheese Slices	Carrot Fries w/Russian Dip	Fresh Banana

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Monday	Tuesday	Wednesday	Thursday	Friday
4/30				
Cereal Diced Peaches Milk				
Tomato Mac Soup Cheese Cubes Fresh Red Grapes Mini Pretzel Bread Sticks				
Yogurt/Granola				

Early Childhood Special Menus April 2018



Red-Vegetarian **Green-No red meat** **Blue-No Dairy** **No-Turkey** **Purple-No Eggs** **NO-FISH**

Milk is served with breakfast and snack

Monday	Tuesday	Wednesday	Thursday	Friday
4/2	4/3	4/4	4/5	4/6
Unsweetened Cereal Diced Peaches	Matza/Cream Cheese Cantaloupe Cubes	Unsweetened Cereal Fresh Banana	Apple Cinnamon Matza Brei Fresh Red Grapes	Matza/Cream Cheese Applesauce
Baked Tilapia Hard Boiled Eggs Au Gratin Potatoes Fresh Strawberries Matza	Seasoned Taco Meat Egg Salad Egg Salad Shredded Lettuce Diced Tomatoes/Salsa Fresh Orange Wedges Matza	Tomato Soup Matza Melt Hard Boiled Eggs Tropical Fruit	Homemade Sweet and Sour Meatballs Veggie Quiche Veggie Quiche Mashed Potatoes Pineapple Tidbits Matza	Homemade Chicken Strips/Ranch Dressing Scrambled Eggs Roasted Baby Carrots Diced Pears Matza
Carrot Fries/Russian Dressing	Fresh Apple	Honeydew Cubes	Diced Peaches/Macaroons	Fresh Banana
4/9	4/10	4/11	4/12	4/13
Cereal Diced Peaches	Blueberry Bagel Strawberries	Cereal Banana Half	French Toast Tropical Fruit	Whl Wht Toast/Hard Boiled Egg Half Pineapple Tidbits
Tomato Soup Toasted Cheese Dippers Sun Butter (whl wht bread) Fresh Honeydew Cubes	Homemade Turkey Burger on Slider Bun Homemade Veggie Burger on Slider Bun Homemade Veggie Burger on bun Seasoned Potato Wedges Pineapple Tidbits	Baked Tilapia Scrambled Eggs Rainbow Rice Green Beans Mixed Fruit Dinner Roll	Seasoned Taco Meat Taco Seasoned Tofu Crumbles Taco Seasoned Tofu Crumbles Shredded Lettuce Diced Tomatoes/Salsa Flour Tortilla Fresh Orange Wedges	Seasoned Chicken Drumsticks Seasoned Veggie Burger Maple Glazed Sliced Carrots Mixed Fruit Challah
Fresh Apple	Graham Crackers/Sun Butter	Fresh Pear	Peaches/Oat Granola	Soft Pretzel Bites/Honey Mustard Dip

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Mexican Cheese Pizza Mexican Seasoned Tofu Crumble Pizza (no cheese) Shredded Lettuce Diced Tomatoes Salsa Cantaloupe	Hamburger/Bun Veggie Patty on Bun Veggie Patty on Bun Mini Potato Pancakes Watermelon	Tuna Salad Egg Salad Roasted Carrot Sticks w/Russian Dressing Fresh Red Grapes Mini Pretzel Bread Sticks	Ziti Pasta w/Meat Sauce Ziti Pasta w/Tofu Crumbles Ziti Pasta w/Tofu Crumbles Green Salad/Caesar Dressing Fresh Pear	Homemade Oven Fried Chicken Strips Homemade Oven Fried Tofu Strips Mashed Sweet Potatoes Pineapple Tidbits Challah
Cinnamon Graham Snack	Pineapple Tidbits	Yogurt and Graham Crackers	Cereal Snack Mix	Applesauce
4/23	4/24	4/25	4/26	4/27
Unsweetened Cereal Diced Pears	French Toast Sticks Diced Peaches	Oatmeal w/Apple Slices	Whole Grain Biscuit Mandarin Oranges	Whl Wht Toast/Sun Butter Strawberries
Mac and Cheese Veggie Burger Seasoned Macaroni Green Beans Strawberries/Kiwi	Scrambled Eggs w/Smoked Turkey Scrambled Eggs Hash Brown Potatoes Fresh Red Grapes Whl Wheat English Muffin Half	Cheese Pizza Homemade Veggie Burger Pizza (no cheese) Cucumber Slices w/ Ranch Dressing Tropical Fruit	Sloppy Joes Sloppy Veggie Patty Crumbles Sloppy Veggie Patty Crumbles Sweet Corn Pineapple Tidbits Slider Bun	Turkey/Gravy Seasoned Tofu Seasoned Tofu Mashed Potatoes Cran Applesauce Challah
Soft Pretzel Bites/Honey Mustard Sauce	Fresh Orange Wedges	Crackers/ Cheese Slices	Carrot Fries w/Russian Dip	Fresh Banana

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