

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 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 Fresh Apple	Sweet and Sour Chicken Lo Mein Noodles Green Beans Pineapple	Baked Tilapia Roasted Potatoes Strawberries Whole Wheat Roll	Seasoned Taco Meat Shredded Lettuce Diced Tomatoes/Salsa Fresh Orange Wedges Flour Tortilla	Homemade Chicken Strips/BBQ Sauce 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
Cheesy Ziti Pasta Green Salad/Ranch Dressing Fresh Red Grapes	Southwestern Chicken Strips Texas Rice Green Beans Fresh Apple	Vegetable Soup Cheesy Bagel Fresh Honeydew	Homemade Turkey Burger/Whl Wht Roll Seasoned Potato Wedges Pineapple Tidbits	Seasoned Chicken Drumsticks Maple Glazed Carrot Sticks Mixed Fruit Challah
Peaches/Oat Granola	Fresh Orange	Sun Butter/Graham Crackers	Fresh Pear	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 Diced Peaches	Whole Grain Biscuit Mixed Fruit	Unsweetened Cereal Fresh Banana	French Toast Strawberries	Matza/Cream Cheese Mandarin Oranges
Mac and Cheese Seasoned Tofu Crumbles & Mac Green Beans Fresh Oranges	Hamburger on Slider Bun French Fries Fresh Apple	Tuna Salad Egg Salad Chilled Roasted Carrots Diced Peaches Whole Grain Crackers	Orange Glazed Chicken Drums Veggie Patty Green Salad/Ranch Dressing (non-dairy) Applesauce Matza	Matza Pizza Hard Boiled Egg Roasted Zucchini Slices Tropical Fruit Matza
Whole Grain Bagel/Sun Butter	Soft Pretzel 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 Diced Peaches	Matza/Cream Cheese Cantaloupe Cubes	Unsweetened Cereal Fresh Banana	Apple Cinnamon Matza Brei Fresh Red Grapes	Matza/Cream Cheese Applesauce
Baked Tilapia Scrambled Eggs Au Gratin Potatoes Fresh Strawberries Matza	Seasoned Taco Meat Veggie Crumbles/Veggie Crumbles Shredded Lettuce Diced Tomatoes/Salsa Fresh Orange Wedges Matza	Tomato Soup Matza Melt Egg Salad Fresh Apple	Homemade Sweet & Sour Meatballs Veggie Patty/ Veggie Patty Mashed Potatoes Pineapple Matza	Homemade Chicken Strips/Ranch Dressing Veggie Patty Roasted Baby Carrots Fresh Pear Matza
Carrot Fries/Russian Dressing	Fresh Apple	Diced Peaches Macarons	Cantaloupe/Kiwi	Fresh Red Grapes

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

Early Childhood Special Menus April 2019



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

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Monday	Tuesday	Wednesday	Thursday	Friday
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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
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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	Southwestern Chicken Strips Southwestern Tofu Strips Texas Rice Green Beans Fresh Apple	Vegetable Soup Cheesy Bagel Hard Boiled Egg w/Bagel Fresh Honeydew	Homemade Turkey Burger/Whl Wht Roll Homemade Veggie Patty/Whl Wht Roll Seasoned Potato Wedges Pineapple Tidbits	Seasoned Chicken Drumsticks Seasoned Sliced Tofu Maple Glazed Carrot Sticks Mixed Fruit Challah
Peaches/Oat Granola	Fresh Orange	Sun Butter/Graham Crackers	Fresh Pear	Soft Pretzel Bites/Honey Mustard Dip

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Whole Grain Bagel/Sun Butter	Soft Pretzel Bites	Cheese Crackers	Fresh Pear	Fresh Red Grapes
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Carrot Fries/Russian Dressing	Fresh Apple	Diced Peaches Macaroons	Cantaloupe/Kiwi	Fresh Red Grapes

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Cheese Pizza Pizza w/Tofu Crumbles Cucumber Slices w/ Ranch Dressing Tropical Fruit	Scrambled Eggs Seasoned Chicken Strips Roasted Potatoes Fresh Red Grapes Belgian Waffle	Baked Tilapia Veggie Patty Rainbow Rice Broccoli/Cauliflower Diced Peaches	Taco Pasta Taco Seasoned Tofu Crumbles Pasta/Taco Seasoned Tofu Crumbles Pasta Mexi Corn Honeydew & Kiwi	Seasoned Chicken Drumsticks Veggie Patty Sweet Potato Wedges Applesauce Challah
Yogurt/Granola	Applesauce/Graham Cracker	Red Grapes	Snack Mix	Tropical Fruit