

# Harvest of the month: Strawberries

Apr-20

|   |  |                                      | Wednesday 4/1/20  | Thursday 4/2/20   | Friday 4/3/20   |
|---|--|--------------------------------------|---|---|---|
| <b>AM SNACK</b><br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Fluid Milk                                  |  |                                      | WHOLE WHEAT WAFFLES<br>STRAWBERRIES<br>* MILK                                 | CHERRIOS<br>BANANA<br>* MILK  | HASHBROWNS<br>SCRABBLED CHEESE EGGS<br>* MILK   |
|   | <input type="checkbox"/> Whole Grain   | <input type="checkbox"/> Whole Grain | <input type="checkbox"/> Whole Grain  | <input type="checkbox"/> Whole Grain  | <input type="checkbox"/> Whole Grain  |
| <b>LUNCH</b><br>Meat/Meat Alternate<br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Vegetable<br>Fluid Milk |  |                                      | CHICKEN NUGGETS<br>SLICE OF WHEAT BREAD<br>RED GRAPES<br>TATER TOTS<br>* MILK | GROUND BEEF AND CHEESE<br>NACHOS<br>WHOLE WHEAT TOTILLA CHIPS<br>STRAWBERRIES<br>CORN SALSA<br>* MILK | WHOLE WHEAT GRILLED HAM<br>AND CHEESE<br>WITH TOMATO SOUP<br>BLUEBERRIES<br>GREEN BEANS<br>* MILK |
|   | <input type="checkbox"/> Whole Grain   | <input type="checkbox"/> Whole Grain | <input type="checkbox"/> Whole Grain  | <input type="checkbox"/> Whole Grain  | <input type="checkbox"/> Whole Grain  |
| <b>PM SNACK</b><br>Meat/Meat Alternate<br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Fluid Milk           |  |                                      | <u>PEANUT BUTTER BANANA SMOOTHIE</u><br>BELVITA CRACKERS<br>WATER             | <u>FRUIT PIZZA</u><br>ON WG PIZZA CRUST<br>WATER  | ENRICHED ANIMAL CRACKERS<br>PINEAPPLE TIDBITS<br>WATER  |
|   | <input type="checkbox"/> Whole Grain   | <input type="checkbox"/> Whole Grain | <input type="checkbox"/> Whole Grain  | <input type="checkbox"/> Whole Grain  | <input type="checkbox"/> Whole Grain  |
| <b>TWO COMPONENTS</b>   |  |                                      |   |   |   |
|   | * One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement. |                                      |   |   |   |

## Harvest of the month: Strawberries

Apr-20

|  | Monday 4/6/20  | Tuesday 4/7/20  | Wednesday 4/8/20   | Thursday 4/9/20   | Friday 4/10/20   |
|--|--|---|--|---|--|
| <b>AM SNACK</b><br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Fluid Milk   | <u>BREAKFAST BURRITO</u><br>IN WG TORTILLA<br>SALSA<br>* MILK<br><input type="checkbox"/> Whole Grain  | COTTAGE CHEESE<br>PEACHES<br>* MILK<br><input type="checkbox"/> Whole Grain   | PANCAKES<br>STRAWBERRIES<br>* MILK<br><input type="checkbox"/> Whole Grain   | ENGLISH MUFFIN<br>HARD BOILED EGG<br>CANADIAN BACON<br>PEARS<br>* MILK<br><input type="checkbox"/> Whole Grain            | GRANOLA<br><u>FRUIT YOGURT PARFAIT</u><br>RASBERRIES<br>* MILK<br><input type="checkbox"/> Whole Grain                                 |
| <b>LUNCH</b><br>Meat/Meat Alternate<br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Vegetable<br>Fluid Milk                | TURKEY MEATLOAF<br>WHOLE WHEAT ROLL<br>MASHED POTATOES<br>MIXED VEGETABLES<br>*MILK<br><input type="checkbox"/> Whole Grain                    | <u>TUNA QUESADILLAS</u><br>IN WG FLOUR TORTILLAS<br>STEAMED BROCCOLI<br>WHOLE CORN<br>*MILK<br><input type="checkbox"/> Whole Grain | CHICKEN TENDERS<br>WG SLICE BREAD<br>WATERMELON<br>GREEN BEANS<br>* MILK<br><input type="checkbox"/> Whole Grain               | SALSBURY STEAK<br>BROWN RICE<br>STRAWBERRIES<br><u>CINNAMON CARROTS</u><br>* MILK<br><input type="checkbox"/> Whole Grain | BAKED PORK CHOPS<br>WHOLE WHEAT ROLL<br>ITALIAN PASTA SALAD<br><u>FRUIT COCKTAIL</u><br>* MILK<br><input type="checkbox"/> Whole Grain |
| <b>PM SNACK</b><br>Meat/Meat Alternate<br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Fluid Milk<br><b>TWO COMPONENTS</b> | TURKEY AND CUCUMBER<br>SANDWICH ON WG BREAD<br>SUNCHIPS<br>WATER<br><input type="checkbox"/> Whole Grain                                       | CELERY AND APPLE SLICES<br>PEANUT BUTTER<br>WATER<br><input type="checkbox"/> Whole Grain   | HAM AND CHEESE SANDWICH<br>WHOLE WHEAT BREAD<br><u>CREAM OF BROCCOLI SOUP</u><br>WATER<br><input type="checkbox"/> Whole Grain | RITZ CRACKERS<br>NUTELLA<br>BANANA SLICES<br>WATER<br><input type="checkbox"/> Whole Grain                                | WHOLE WHEAT BREAD<br><u>BERRY BREAD PUDDING</u><br>WATER<br><input type="checkbox"/> Whole Grain                                       |
|  | * One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement. |   |  |   |  |

# Harvest of the month: Strawberries

Apr-20

|  | Monday 4/13/20   | Tuesday 4/14/20  | Wednesday 4/15/20  | Thursday 4/16/20  | Friday 4/17/20   |
|--|--|--|--|---|--|
| <b>AM SNACK</b><br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Fluid Milk   | OATMEAL<br>RASBERRIES<br>* MILK<br><br><input type="checkbox"/> Whole Grain  | TURKEY BACON<br>HASHBROWNS<br>STRAWBERRIES<br>* MILK<br><br><input type="checkbox"/> Whole Grain                         | FRENCH TOAST STICKS<br>SCAMBLED EGGS<br>CANTALOUPE<br>* MILK<br><br><input type="checkbox"/> Whole Grain                             | WHOLE WHEAT CEREAL<br>ORANGE JUICE<br>*MILK<br><br><input type="checkbox"/> Whole Grain   | <a href="#">HM SAUSAGE BISCUIT</a><br><a href="#">CASSEROLE</a><br>RED GRAPES<br>* MILK<br><br><input type="checkbox"/> Whole Grain          |
| <b>LUNCH</b><br>Meat/Meat Alternate<br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Vegetable<br>Fluid Milk                | GRILLED CHICKEN<br>WHOLE WHEAT ROLL<br>WITH<br><a href="#">BROCCOLI STRAWBERRY ORZO</a><br>* MILK<br><br><input type="checkbox"/> Whole Grain  | SLICED TURKEY<br>WHOLE WHEAT WRAP<br>KIDNEY BEANS<br>HONEYDEW MELON<br>*MILK<br><br><input type="checkbox"/> Whole Grain | HAM AND CHEESE PIZZA<br>WHOLE WHEAT PIZZA CRUST<br>GREEN PEPPERS<br>PINEAPPLES<br>* MILK<br><br><input type="checkbox"/> Whole Grain | GROUND BEEF SPAGHETTI<br>GARLIC BREADSTICKS<br>ORANGE SLICES<br>SNAP PEAS<br>* MILK<br><br><input type="checkbox"/> Whole Grain | FISH STICKS<br>WHEAT BREAD<br>SWEET POTATO FRIES<br>COLESLAW<br>* MILK<br><br><input type="checkbox"/> Whole Grain                           |
| <b>PM SNACK</b><br>Meat/Meat Alternate<br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Fluid Milk<br><b>TWO COMPONENTS</b> | <a href="#">GUACAMOLE</a><br>WHOLE WHEAT PITA CHIPS<br>WATER<br><br><input type="checkbox"/> Whole Grain                                       | <a href="#">STRAWBRERRY SMOOTHIE</a><br>OAT BRAN MUFFIN<br>WATER<br><br><input type="checkbox"/> Whole Grain             | <a href="#">CHILI CHEESE TOAST</a><br>BLACK BEANS<br>WATER<br><br><input type="checkbox"/> Whole Grain                               | SLICED CHEESE<br>CLUB CRACKERS<br>WATER<br><br><input type="checkbox"/> Whole Grain   | <a href="#">BANANA NUTELLA</a><br><a href="#">QUESADILLA</a><br>ON WHOLE WHEAT TORTILLA<br>WATER<br><br><input type="checkbox"/> Whole Grain |
|  | * One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement. |  |  |   |  |

## Harvest of the month: Strawberries

Apr-20

|   | Monday 4/20/20   | Tuesday 4/21/20   | Wednesday 4/22/20  | Thursday 4/23/20   | Friday 4/24/20   |
|---|--|---|--|--|--|
| <b>AM SNACK</b><br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Fluid Milk  | <u>CHEESY CAULIFLOWER MUFFINS</u><br>STRAWBERRIES<br>* MILK  | CHERRIOS<br>100% ORANGE JUICE<br>* MILK                                       | OATMEAL<br>MIXED BERRIES<br>* MILK   | SHRIMP POPPERS<br>GRITS<br>RED GRAPES<br>*MILK                     | FRENCH TOAST STICKS<br>BANANA<br>* MILK  |
|   | <input type="checkbox"/> Whole Grain   | <input type="checkbox"/> Whole Grain  | <input type="checkbox"/> Whole Grain   | <input type="checkbox"/> Whole Grain                               | <input type="checkbox"/> Whole Grain   |
| <b>LUNCH</b><br>Meat/Meat Alternate<br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Vegetable<br>Fluid Milk         | CHICKEN SALAD SANDWICH<br>WHOLE WHEAT BREAD<br>MANDARIN ORANGES<br>GREEN BEANS<br>* MILK   | <u>HAWAIIAN PIZZA</u><br>WHOLE WHEAT CRUST<br>BROCCOLI<br>RED APPLES<br>*MILK | GROUND TURKEY BURGERS<br>ON PITA BREAD<br>TATER TOTS<br>STRAWBERRIES<br>* MILK | SALMON PATTIES<br>BROWN RICE<br>SWEET CORN<br>CANTALOUPE<br>* MILK | BARBQUE PULLED PORK<br>WHOLE WHEAT FLATBREAD<br>TOSSED SALAD<br>CHERRIES<br>* MILK |
|   | <input type="checkbox"/> Whole Grain   | <input type="checkbox"/> Whole Grain  | <input type="checkbox"/> Whole Grain   | <input type="checkbox"/> Whole Grain                               | <input type="checkbox"/> Whole Grain   |
| <b>PM SNACK</b><br>Meat/Meat Alternate<br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Fluid Milk<br>TWO COMPONENTS | COTTAGE CHEESE<br>PEACHES<br>WATER   | <u>BAKED ZUCCHINI CHIPS</u><br>100% APPLE JUICE<br>WATER                      | SOFT PRETZEL<br>CHEESE DIP<br>WATER  | CLUB CRACKERS<br>CHEESE CUBES<br>WATER                             | STREAMED BROCCOLI<br>CHEESE DIP<br>WATER   |
|   | <input type="checkbox"/> Whole Grain   | <input type="checkbox"/> Whole Grain  | <input type="checkbox"/> Whole Grain   | <input type="checkbox"/> Whole Grain                               | <input type="checkbox"/> Whole Grain   |
|   | * One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement. |   |  |  |  |

# Harvest of the month: Strawberries

Apr-20

|   | Monday 4/27/20   | Tuesday 4/28/20   | Wednesday 4/29/20   | Thursday 4/30/20   |                                      |
|---|--|---|---|--|--------------------------------------|
| <b>AM SNACK</b><br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Fluid Milk                                  | LIFE CEREAL<br>ORANGES<br>* MILK   | SCRAMBLES EGGS<br>HASHBROWNS<br>* MILK  | CREAM OF WHEAT<br>STRAWBERRIES<br>* MILK  | WG PANCAKES<br>TURKEY BACON<br>100% ORANGE JUICE<br>* MILK                                   |                                      |
|   | <input type="checkbox"/> Whole Grain   | <input type="checkbox"/> Whole Grain  | <input type="checkbox"/> Whole Grain  | <input type="checkbox"/> Whole Grain   | <input type="checkbox"/> Whole Grain |
| <b>LUNCH</b><br>Meat/Meat Alternate<br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Vegetable<br>Fluid Milk | TURKEY<br>CHEDDAR CHEESE<br>WHOLE WHEAT PANINI<br>GREEN BEANS<br>STRAWBERRIES<br>* MILK  | GRILLED CHICKEN<br><a href="#">BROCCOLI AND CORN BAKE</a><br>WHOLE WHEAT ROLL<br>APRICOTS<br>* MILK | EXTRA CHEESE PIZZA<br>WHOLE WHEAT PIZZA CRUST<br>GREEN APPLE SLICES<br>SWEET POTATO BAKED FRIES<br>* MILK | GROUND BEEF TACO<br>WHOLE WHEAT CORN SHELL<br>BLACK BEANS<br>WHOLE CORN<br>PEACHES<br>* MILK |                                      |
|   | <input type="checkbox"/> Whole Grain   | <input type="checkbox"/> Whole Grain  | <input type="checkbox"/> Whole Grain  | <input type="checkbox"/> Whole Grain   | <input type="checkbox"/> Whole Grain |
| <b>PM SNACK</b><br>Meat/Meat Alternate<br>Whole Grain/Grain Alternate<br>Vegetable or Fruit<br>Fluid Milk           | CELERY AND CARROT STICKS<br>PEANUT BUTTER DIP<br>WATER   | SUNCHIPS<br>100% APPLE JUICE<br>WATER   | WHOLE WHEAT PITA CHIPS<br>SALSA<br>WATER  | ANIMAL CRACKERS<br>STRAWBERRIES<br>WATER   |                                      |
| <b>TWO COMPONENTS</b>   | <input type="checkbox"/> Whole Grain   | <input type="checkbox"/> Whole Grain  | <input type="checkbox"/> Whole Grain  | <input type="checkbox"/> Whole Grain   | <input type="checkbox"/> Whole Grain |
|   | * One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement. |   |   |  |                                      |