

APRIL 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| 2 | 3 | 4 | 5 | 6 |
| No School, Spring Break | | | | |
| 9 | 10 | 11 | 12 | 13 |
| Kix, Fruit Cocktail, & Milk | Whole Grain Pancakes, Strawberries, & Milk | Corn Flakes, Banana, & Milk | Whole Grain Waffles, Pears, & Milk | Cheerios, Peaches, & Milk |
| Grilled Chicken, Broccoli, Peaches, Brown Rice, & Milk | Beef Taco, Lettuce, Tomato, Cheese, Oranges, Wheat Tortilla, & Milk | Western Omelet, Diced Potatoes, Apricot, Whole Grain Bread, & Milk | BBQ Ribs, Carrot Sticks, Apple, Corn Bread, & Milk | Lemon Pepper Fish, French Fries, Grapes, Whole Grain Roll, & Milk |
| Cheddar Cheese Cubes, Grapes, & Milk | Raisin Bread, Cantaloupe, & Milk | Low-Fat Yogurt, Mixed Fruit, & Granola | Whole Grain Crackers, Mandarin Oranges, & Milk | Pretzel Goldfish Crackers, Cheese Stick, & Milk |
| 16 | 17 | 18 | 19 | 20 |
| Whole Grain Pancakes, Applesauce, & Milk | Whole Grain Bagel, Cream Cheese, Oranges, & Milk | Rice Chex, Banana, & Milk | Whole Grain French Toast, Peaches, & Milk | Whole Grain Blueberry Muffin, Fruit Cocktail, & Milk |
| Roast Turkey/Gravy, Mashed Potatoes, Tropical Fruit, Split Top Roll, & Milk | Chicken Drumstick, Corn on the Cob, Watermelon, Whole Grain Roll, & Milk | Tuna Roll-Up, Whole Grain Tortilla, Celery Sticks, Fresh Pear, & Milk | Hamburger, Carrot Sticks, Green Apple, Whole Grain Roll, & Milk | Whole Grain Pizza, Cucumbers, Grapes, & Milk |
| Ladybugs on a Log: Cream Cheese, Dried Cranberry, Celery, & Milk | Soft Pretzel, Cherry Tomatoes, & Milk | Mandarin Oranges, Whole Grain Crackers, & Milk | 1/2 Day-No Snack | Mixed Fruit Cup, Whole Grain Cheez-Its, & Milk |
| 23 | 24 | 25 | 26 | 27 |
| Corn Flakes, Pears, & Milk | Whole Grain Waffles, Applesauce, & Milk | Whole Grain French Toast Sticks, Oranges, & Milk | Whole Grain Bagel, Apricots, & Milk | Rice Chex, Banana, & Milk |
| Pulled Pork, French Fries, Cantaloupe, Whole Grain Dinner Roll, & Milk | Tacos: Chicken, Lettuce, Tomato, Cheese, Mangoes, Wheat Tortilla, & Milk | Turkey Sandwich on a Whole Grain Roll, Carrot Sticks, Watermelon, & Milk | Ground Beef Goulash, Mixed Vegetables, Grapes, Whole Grain Macaroni, & Milk | Breaded Fish, Sweet Potato Fries, Apple, & Milk |
| Mixed Fruit Cup, Whole Grain Crackers, & Milk | Yogurt, Mixed Berries, & Granola | Whole Grain Apple Muffin & Milk | Whole Grain Pita, Sliced Turkey, & Shredded Cheese | Cheerios, Fresh Peach, & Milk |
| 30 | Meal Pattern | | | |
| Rice Krispies, Pears, & Milk | Breakfast: 1% Milk, Vegetable or Fruit, Grain or Meat/Meat Alternate | | | |
| Roast Beef & Gravy, Mixed Vegetables, Tropical Fruit, Whole Grain Roll, & Milk | Lunch: 1% Milk, Meat/Meat Alternate, Vegetable, Fruit, & Grain | | | |
| Fruit Flowers: Clementine, Grapes, & Kix | Snack: (Any combination of any two foods) 1% Milk, Meat/Meat Alternate, Vegetable, Fruit, or Grain | | | |

Harvest Spotlight

Courtesy of D'Youville Dietetics



WATERMELON

Circle all meals on the menu that have watermelon.

How many did you find?

What is your favorite way to eat watermelon?

What do you like best about watermelon?