



April 2023 Breakfast

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
3 1 cup 1% milk 2 oz WW bagel w/cream cheese ½ cup pears 1 cup grape juice 6 o. peach yogurt	4 1 cup 1% milk 4 oz WW French toast 1 2oz. turkey link ½ cup sliced apple 1 cup orange juice	5 1 cup 1% milk 1 ½ cup WG Cheerios cereal 6 oz blueberry yogurt ½ cup fruit cocktail 1 cup apple juice	6 1 cup 1% milk 2 oz blueberry muffin 1 turkey link ½ cup peaches 1 cup orange juice	7 1 cup 1% milk 2 oz WW English muffin w/ cheddar cheese 6 oz raspberry yogurt ½ cup Mandarin oranges 1 cup cranberry juice
10 1 cup 1% milk 2 oz WW bagel w/cream cheese ½ cup pears 1 cup grape juice 6 oz peach yogurt	11 1 cup 1% milk 4 oz WW French toast 1 boiled egg ½ cup sliced apple 1 cup orange juice	12 1 cup 1% milk 1 ½ cup WG Cheerios cereal 6 oz blueberry yogurt ½ cup fruit cocktail 1 cup apple juice	13 1 cup 1% milk 2 oz blueberry muffin 1 scrambled egg ½ cup peaches 1 cup orange juice	14 1 cup 1% milk 2 oz WW English muffin/ w cheddar cheese 6 oz raspberry yogurt ½ cup Mandarin oranges 1 cup cranberry juice
17 1 cup 1% milk 2 oz WW bagel w/cream cheese ½ cup pears 1 cup grape juice 6 oz peach yogurt	18 1 cup 1% milk 4 oz WW French toast 1 boiled egg ½ cup sliced apple 1 cup orange juice	19 1 cup 1% milk 1 ½ cup WG Cheerios cereal 6 oz blueberry yogurt ½ cup fruit cocktail 1 cup apple juice	20 1 cup 1% milk 2 oz blueberry muffin 1 turkey link ½ cup peaches 1 cup orange juice	21 1 cup 1% milk 2 oz WW English muffin w/ cheddar cheese 6 oz raspberry yogurt ½ cup Mandarin oranges 1 cup cranberry juice
24 1 cup 1% milk 2 oz WW bagel w/cream cheese ½ cup pears 1 cup grape juice 6 oz peach yogurt	25 1 cup 1% milk 4 oz WW French toast 1 boiled egg ½ cup sliced apple 1 cup orange juice	26 1 cup 1% milk 1 ½ cup WG Cheerios cereal 6 oz blueberry yogurt ½ cup fruit cocktail 1 cup apple juice	27 1 cup 1% milk 2 oz blueberry muffin 1 scrambled egg 1/2 cup peaches 1 cup orange juice	28 1 cup 1% milk 2 oz WW English muffin w/ cheddar cheese 6 oz raspberry yogurt ½ cup Mandarin oranges 1 cup cranberry juice
WW= whole wheat WG= whole grain			** Menus are subject to change **	**Bread or Cereal is offered daily**

April 2023 Snack

Monday	Tuesday	Wednesday	Thursday	Friday
3 6 Graham crackers ½ cup cranberry juice	4 1 cup strawberry yogurt ½ cup pineapple	5 1 cup 1% milk 4 peanut butter crackers	6 ½ cup peaches ½ cup cottage cheese	7 1 cup tropical fruit 1 Nutri-Grain Bar
10 6 Graham crackers ½ cup cranberry juice	11 1 cup strawberry yogurt ½ cup pineapple	12 1 cup 1% milk 4 peanut butter crackers	13 ½ cup peaches ½ cup cottage cheese	14 1 cup tropical fruit 1 Nutri-Grain Bar
17 6 Graham crackers ½ cup cranberry juice	18 1 cup strawberry yogurt ½ cup pineapple	19 1 cup 1% milk 1 peanut butter crackers	20 ½ cup peaches ½ cup cottage cheese	21 1 cup tropical fruit 1 Nutri-Grain Bar
24 6 Graham crackers ½ cup cranberry juice	25 1 cup strawberry yogurt ½ cup pineapple	26 1 cup 1% milk 1 peanut butter crackers	27 ½ cup peaches ½ cup cottage cheese	28 1 cup tropical fruit 1 Nutri-Grain Bar
			** Menus are subject to change**	**Substitutes are offered for special diets**