

April 2025	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (Week 2)		1 4 oz Apple Juice 2 sl. WG Bread 1 ea. Peanut Butter 2 pkts. Jelly 8 oz 1% Milk	2 2 Hardboiled Egg 1 sl. Cheese 1 Bagel 4 oz Applesauce 8 oz 1% Milk	3 4 oz. Blended Juice x 2 1 Hardboiled Egg 2 sl. WG Bread 1 sl. Cheese 2 oz Ham 8 oz 1% Milk	4 4 oz Orange Juice 1 Hardboiled egg 2 sl. WG Bread 2 sl. Cheese 2 Margarine cups 8 oz. 1% Milk
LUNCH		3 oz Thai Ginger Curry Chicken Thigh ½ cup Green Beans w/Red Peppers ½ cup Brown Rice 4 oz. Apple Cherry Juice 1 sl. WG Bread w/Margarine cup 8 oz 1% Milk	3 oz. Meatloaf w/ Apple Brown Gravy ½ cup Cabbage & Carrots ½ cup Potato Onion Souffle 1 WW Roll 8 oz 1% Milk	3 oz. Stuffed Pasta in Spinach Alfredo Sauce ½ cup Glazed Carrots ½ cup Yellow Squash 1 sl. WG Bread 1oz Peanuts 4oz Blended Juice 8 oz. 1% Milk	3 oz Cheeseburger ½ cup Country Vegetable Medley ½ cup Diced Sweet Potatoes w/onion 1 sl. Hamburger Bun 4 oz. Apple juice 1 pkt. Ketchup and mustard 8 oz. 1% Milk
BREAKFAST (Week 3)	7 4 oz Apple Cherry Juice 2 sl. Raisin Bread 1 Nutri Grain Bar 2 ea. Peanut Butter 8 oz 1% Milk	8 4 oz Blended Juice x 2 2 sl. WG Bread 1 ea. Peanut Butter 1 pkts. Jelly 8 oz 1% Milk	9 1 Hardboiled Egg 2 sl. WG Bread 2 sl. Cheese 2 Margarine cups 4 oz Orange Juice 8 oz 1% Milk	10 4 oz Blended Juice 1 ea. Toasted Oats Cereal 2 sl. WG Bread 1 pkt. Peanut Butter & Jelly 8 oz 1% Milk	11 2 Hardboiled Egg 1 Bagel 1 sl. Cheese 4 oz Applesauce 8 oz 1% Milk
LUNCH	3 oz Swedish Meatballs ½ cup Peas & Carrots ½ cup Parslied Mashed Potatoes 1 sl. WG Bread w/Margarine Cup 4 oz. Blended Juice 8 oz 1% Milk	8 oz. Chicken Parm Casserole ½ Cup Buttered Squash ½ cup Confetti Corn 1 sl. WW Roll 1 Apple 8 oz 1% Milk	8 oz. Macaroni & Cheese ½ cup Stewed Tomatoes ½ cup Green Beans 1 WW Roll 1 pkt. Graham Crackers 4 oz Apple Juice 8 oz 1% Milk	3 oz Seasoned Chicken Thigh ½ cup Baked Beans ½ cup Cheesy Mashed Potatoes 1 WG Bread 4 oz. Applesauce 8 oz 1% Milk	8 oz. Three Bean Beef Chili ½ cup Carrot Coins ½ cup Brown Rice 1 sl. WG Roll 4 oz. Mixed Fruit 8 oz. 1% Milk
BREAKFAST (Week 4)	14 4 oz Orange Juice 1 ea. Eggo Waffle Minis 1 sl. WW English Muffin 1 ea. Peanut Butter 8 oz 1% Milk	15 2 sl. WG Bread 1 ea. Peanut Butter 2 pkts. Jelly 4 oz. Apple Juice 8 oz 1% Milk	16 4 oz. Applesauce 2 oz. Cottage Cheese 1 ea. WG Banana Loaf 2 sl. WG Bread w/margarine 8 oz. 1% Milk	17 4 oz Blended Juice 2 sl. WG Bread 1 ea. Toasted Oats Cereal 1 Hardboiled Egg 1 sl. Cheese 8 oz 1% Milk	18 1 Hardboiled Eggs 2sl. WG Bread w/Margarine 4 oz Orange Juice 8 oz 1% Milk
LUNCH	3 oz. Grilled Chicken Patty w/Southwest Sauce ½ c. Yellow Squash & Onions ½ c. Black Beans & Rice 1 WG Bread 4 oz. Blended Juice 8 oz. 1% Milk	3 oz Hamburger ½ c. Country Vegetable Medley ½ c. Diced Potatoes 1 Hamburger Bu1 pkt. Ketchup & Mustard 4 oz. Apple Juice 8 oz. 1% Milk	3 oz. Chicken Salad Sandwich ½ c. Pea & Cheese Salad ½ c. Three Bean Salad 1 sl. WG Bread w/margarine 1 pkt. Graham Crackers 8 oz. 1% Milk	3 oz Meatballs in Marinara ½ cup Brussels Sprouts ½ cup Pasta 1 WG Bread 4 oz Mixed Fruit 8 oz 1% Milk	8 oz. Chicken Garden Casserole ½ cup Green Peas 2 sl. WW Bread w/ Margarine cup 4 oz. Apple Cherry Juice 8 oz 1% Milk Holiday Dessert
BREAKFAST (Week 1)	21 2 oz. Cottage Cheese 2 sl. WG Bread 1 ea. Peanut Butter 4 oz. Apple Juice 2 pkts. Jelly 8 oz. 1% Low Fat Milk	22 4 oz. Orange Juice 2 sl. Raisin Bread w/Margarine 1 String Cheese 1 Nutri Grain Bar 8 oz. 1% Low Fat Milk	23 1 ea. Eggo Waffle Minis 1 WW English Muffin 4 oz Orange Juice 1 ea. Peanut Butter & Jelly 8 oz. 1% Milk Low fat Milk	24 2 Hardboiled Eggs 2 sl. WG Bread w/Margarine 1 sl. Cheese 4oz. Applesauce 8 oz 1% Milk	25 1 ea. Toasted Oat Cereal 2 sl. WG Bread 1 ea. Peanut Butter & Jelly 4 oz. Blended Juice 8 oz 1% Milk
LUNCH	3 oz. Breaded BBQ Chicken Sandwich ½ cup Dilled Carrots ½ cup Diced Potatoes 1 Hamburger Bun 4 oz Pear cup 8 oz 1% Milk	8 oz. Penne Bolognese ½ Cup Confetti Corn ½ cup Green Beans 1 Slice WG Bread w/Margarine 1 Apple 8 oz. 1% Low Fat Milk	3 oz. Chicken Thigh w/ Onion Gravy ½ cup Peas & Carrots ½ cup Scalloped Potatoes 1 WG Bread 4 oz. Applesauce 1 Margarine cup 8 oz. 1% Low Fat Milk	8 oz Cobb Pasta Salad ½ cup Cucumber & Red Onion ½ cup Creamy Broccoli Salad 1 WW Roll 8 oz 1% Milk	3 oz Teriyaki Meatballs ½ cup Stir Fry Vegetables ½ cup Gingered Brown Rice 1 WG Bread w/Margarine 4 oz. Apple Juice 8 oz. 1% Milk
BREAKFAST (Week 2)	28 2 oz. Cottage Cheese 2 sl. WG Bread 1 ea. WG Banana Loaf w/ Margarine 4 oz Applesauce 8 oz. 1% Milk	29 4 oz Apple Juice 2 sl. WG Bread 1 ea. Peanut Butter 2 pkts. Jelly 8 oz 1% Milk	30 2 Hardboiled Egg 1 sl. Cheese 1 Bagel 4 oz Applesauce 8 oz 1% Milk	This menu is subject to change!	
LUNCH	8 oz. Beef & Macaroni Casserole ½ cup California Blend Vegetables ½ cup Butternut Squash 1 sl. WG Bread 4 oz. Mixed Fruit cup 8 oz. 1% Milk	3 oz Thai Ginger Curry Chicken Thigh ½ cup Green Beans w/Red Peppers ½ cup Brown Rice 4 oz. Apple Cherry Juice 1 sl. WG Bread w/Margarine cup 8 oz 1% Milk	3 oz. Meatloaf w/ Apple Brown Gravy ½ cup Cabbage & Carrots ½ cup Potato Onion Souffle 1 WW Roll 8 oz 1% Milk	West Lake Worth	