

Menu changes monthly

Week #	Monday	Tuesday	Wednesday	Thursday	Friday
1	April 2, 2007	April 3, 2007	April 4, 2007	April 5, 2007	April 6, 2007
Breakfast	Rice Krispies Milk Orange Juice	Blueberry Muffin Milk Apple Juice	Oatmeal Milk Grape Juice	Waffle with Syrup Milk Orange Juice	CLOSED
Lunch	Hot Dog (no pork) on a Bun w/ Ketchup Baked beans Diced Peaches Milk	Chicken Nuggets Smiley Potatoes w/ Ketchup Broccoli Orange Slices Milk	Personal Pizzas Peas & Carrots Diced Pears Milk	Macaroni & Cheese Miked Vegetables Mixed Fruit Salad Milk	CLOSED
Snack	Alphabet Cookies Milk	American Cheese & Crackers Juice	Apple & Bread Sticks Milk	Yellow Cake Juice	CLOSED
Week #	Monday	Tuesday	Wednesday	Thursday	Friday
2	April 9, 2007	April 10, 2007	April 11, 2007	April 12, 2007	April 13, 2007
Breakfast	Cheerios Milk Orange Juice	Oatmeal Milk Apple Juice	Corn Muffin Milk Grape Juice	Pancakes with Syrup Milk Orange Juice	Scrambled Eggs Biscuit Apple Juice
Lunch	Cheese Ravioli Broccoli Mixed Fruit Milk	Chicken Nuggets Buttered Elbow Pasta Peas Orange Slices Milk	Grilled Cheese on White Bread Peas & Carrots Peaches Milk	Baked Chicken Spanish Rice Green Beans Diced Peaches Milk	Personal Pizza Mixed Vegetables Apple Slices Milk
Snack	Cheese & Crackers Juice	Fig Newton Milk	Crackers with Jelly Juice	Apple & Bread Sticks Milk	Oatmeal Cookie Milk
Week #	Monday	Tuesday	Wednesday	Thursday	Friday
3	April 16, 2007	April 17, 2007	April 18, 2007	April 19, 2007	April 20, 2007
Breakfast	Cheerios Milk Orange Juice	Oatmeal Milk Apple Juice	Corn Muffin Milk Grape Juice	Pancakes with Syrup Milk Orange Juice	Scrambled Eggs Biscuit Apple Juice
Lunch	Hot Dog (no pork)	Bag Lunch- Field Trip!	Beef Tacos w/ Cheese	Meatballs & Marinara	Personal Pizza

	on a Bun w/ Ketchup Baked beans Diced Peaches Milk	Turkey on a Roll Apple Slices Carrot Sticks Milk	Rice & Beans Tomato Salsa Orange Slices Milk	Buttered Pasta Peas & Carrots Mixed Fruit Salad Milk	Broccoli Oranges Milk
Snack	Alphabet Cookies Juice	Sugar Cookie Milk	Apple & Bread Sticks Milk	Oatmeal Cookie Juice	Carrot & Cracker Milk
Week # 4	Monday April 23, 2007	Tuesday April 24, 2007	Wednesday April 25, 2007	Thursday April 26, 2007	Friday April 27, 2007
Breakfast	Rice Krispies Milk Orange Juice	Oatmeal Milk Apple Juice	Corn Muffin Milk Grape Juice	Cherrios Milk Orange Juice	Scrambled Eggs Biscuit Apple Juice
Lunch	Hot Dog (no pork) on a Bun w/ Ketchup Baked beans Diced Peaches Milk	Chicken Nuggets Buttered Elbow Pasta Peas Orange Slices Milk	Baked Ziti Peas & Carrots Mixed Fruit Milk	Sloppy Joes on a bun Carrot Apple Slices Milk	Personal Pizza Green Beans Oranges Milk
Snack	Alphabet Cookies Milk	Cheese & Crackers Juice	Sugar Cookie Milk	Carrot Sticks Juice	Cracker & Jelly Juice
Week # 5	Monday April 30, 2007				
Breakfast	Rice Krispies Milk Orange Juice	DID YOU KNOW?? Flavored milk contains the same nine essential nutrients as unflavored milk and only 60 calories per 8-ounce serving from added sugar. Flavored milk's contribution to the total added sugar in children's diets is minimal — only 1-2 percent. The 2005 Dietary Guidelines for Americans recognizes that small amounts of sugars added to nutrient-dense foods, such as low-fat milk products, enhances their taste appeal, and therefore, improves overall nutrient intake without contributing excessive calories. Also, the American Academy of Pediatrics recommends children and teens consume low-fat or fat-free white or flavored milk, cheeses and yogurts with modest amounts of added sweeteners to optimize bone health. Children who drink flavored milk, drink more milk and have higher calcium intakes, but don't consume more more total sugar or fat than children who don't drink flavored milk, research shows. For more Info visit http://www.familyfoodzone.com/parents/parents-questions.asp			
Lunch	Chicken Legs Spanish Rice Green Beans Diced Peaches Milk				
Snack	Yellow Cake Milk				