









The Children's Center APRIL 2023 Menu One to Five Years Old - Chef's Choice Menu				
MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
Breakfast: Oatmeal, pears, and Milk	Breakfast: Kix, Mandarin Oranges, Milk	Breakfast: Chicken Sausage links , pineapple, Milk	Breakfast: Whole Grain Waffles, bananas, Milk	Breakfast: French toast sticks, **chef's choice fruit** and Milk
Lunch: Turkey sub on whole grain bun, w/ lettuce and *tomato, tater tots w/ketchup and Milk	Lunch: Chicken Spaghetti Bake, peas,**chef's choice veggie** and Milk	Lunch: Swai fillet with lemon pepper **chef's choice veggie**, broccoli*, roll, and Milk	Lunch: Whole Grain Macaroni with cheese, green beans, yams* and Milk	Lunch: Meatball on a bun (Whole Grain), pears, *spinach, Milk
				
Snack: Apple Slices and saltines and water	Snack: String Cheese and Milk	Snack: Pears and Milk	Snack gold fish crackers and Milk	Snack: String Cheese, Strawberry Yogurt Chex, Water
10	11	12	13	14
EHS and HS Closed - Spring Break	EHS and HS Closed - Spring Break	EHS and HS Closed - Spring Break	EHS and HS Closed - Spring Break Board Meeting	EHS and HS Closed - Spring Break
Breakfast: Cheese with wheat toast, applesauce, and Milk	Breakfast: Whole Grain Waffles, pineapple and Milk	Breakfast: Kix, **chef's choice fruit**, and Milk	Breakfast: Grits, pears and Milk	Breakfast: Whole Grain Pancakes with Syrup, Applesauce, Milk
Lunch: Turkey Sausage, wheat biscuit, Mandarin Oranges, peas and Milk	Lunch: Cheese Ravioli with Marinara, Mozz Cheese, Broccoli, Chef's Choice Vegetable and Milk	Lunch: Chicken Nuggets *Brussels sprouts, yams*, w/ wheat roll, Milk	Lunch: Ground Turkey soft taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and Milk	Lunch: Swai Filet with Lemon Pepper, Sweet Potato Nuggets*, Chef's Choice Veggie, Roll and Milk
Snack: Tortilla Chips, Salsa, Milk	Snack:Peaches, Whole Grain Cheez Its and water	Snack: Apples and Milk	Snack: Vanilla Yogurt, Pineapple, Water	Snack: String Cheese, Strawberry Yogurt Chex, Water
				
17	18	19	20	21
Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, Milk	Breakfast: Cheerios, Mandarin Oranges, Milk	Breakfast: Chicken Sausage Link, Hashbrowns and Milk	Breakfast: Breakfast Pizza, pears, Milk	Breakfast: Kix, pineapple, Milk
Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, Milk	Lunch: Pulled Chicken BBQ w/ wheat roll, corn, spinach*, Milk	Lunch: Spaghetti w/meat sauce (Ground Turkey)and whole wheat noodles, Yellow Squash, **chef's choice fruit** and Milk	Lunch: Three cheese potatoes, ^green beans, **chef's choice veggie** wheat roll, Milk	Lunch: Cheese omelet, hash browns, banana, whole wheat toast, Milk
Snack: Vanilla Yogurt, Pineapple, Water	Snack: Whole Wheat Tortilla Pizza and Water	Snack: Cheese Sandwich on wheat bread and water	Snack: Whole Grain Cheez - Its, Cantaloupe and Water	Snack: Goldfish Crackers, Milk
				
24	25	26	27	28
Breakfast: Hot Whole Grain Biscuit, peaches, Milk	POLICY COUNCIL Breakfast: Kix, pineapple, Milk	Breakfast: Vanilla Yogurt, **chef's choice fruit**, Milk	Breakfast: Pancakes, Applesauce, Milk	EHS and HS Closed - Teacher Workday Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, Milk
Lunch: Chicken salad, Ritz crackers, Cantaloupe, Mixed Vegetable Blend*, Milk	Lunch: Meatball on a bun (Whole Grain), Baked Potato with Sour Cream , ^green beans, Milk	Lunch: Chef Salad with ranch dressing, chef's choice fruit, wheat roll and Milk	Lunch: Grilled chicken patty on wheat bun , garlic mashed cauliflower*, peas, Milk	Lunch: Swai Filet with Lemon Pepper, Mashed Potatoes, spinach*, w/ wheat roll, Milk
Snack: Honey Dew Melon, Milk	Snack: Saltine crackers, cheese, water	Snack: Apples and Cottage Cheese w/ water <i>National Kids and Pets Day</i> 	Snack: String Cheese, Strawberry Yogurt Chex, Water	Snack: Tortilla Chips, Salsa, Milk

* Foods High in Vitamin A

Toddler foods must be diced in pieces no larger than 1/2 inch

Infant foods must be diced in pieces no larger than 1/4 inch

Acceptable condiments with meals: ketchup, mustard, mayonnaise, salad dressing

All Milk is low fat and 100% fruit juice is used.

"This institution is an equal opportunity provider and employer"

*Canned green beans

Cereal must have a least 3 grams of fiber

Bread Must have at least 5 grams of fiber

Pastas must be whole grain

Sugar free syrup available for breakfast foods