









The Children's Center APRIL 2024 Menu One to Five Years Old - Chef's Choice Menu				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 EHS and HS Closed - Spring Break	2 EHS and HS Closed - Spring Break	3 EHS and HS Closed - Spring Break	4 EHS and HS Closed - Spring Break	5 EHS and HS Closed - Spring Break
Breakfast: Oatmeal, pears, and Milk Lunch: Turkey sub on whole grain bun, w/ lettuce and *tomato, later tots w/ketchup and Milk Snack: Apple Slices and saltines and water 	Breakfast: Kix, mandarin oranges, Milk Lunch: Chicken Spaghetti Bake, peas, **chef's choice veggie** and Milk Snack: String Cheese and Milk	Breakfast: Chicken Sausage links , pineapple, Milk Lunch: Swai fillet with lemon pepper **chef's choice veggie**, broccoli*, roll, and Milk Snack: Pears and Milk	Breakfast: Whole Grain Waffles, bananas, Milk Lunch: Whole Grain Macaroni with cheese, green beans, yams* and Milk Snack gold fish crackers and Milk	Breakfast: French toast sticks, **chef's choice fruit** and Milk Lunch: Meatball on a bun (Whole Grain), pears, *spinach, Milk Snack: Shredded Wheat Bites, Milk
8	9	10	11	12
Breakfast: Cheese with wheat toast, applesauce, and Milk Lunch: Turkey Sausage, wheat biscuit, Mandarin Oranges, peas and Milk Snack: Tortilla Chips, Salsa, Milk	<i>National Unicorn Day</i>  Breakfast: Whole Grain Waffles, pineapple and Milk Lunch: Cheese Ravioli with Marinara, Mozz Snack: Peaches, Whole Grain Cheez Its and water	Breakfast: Kix, **chef's choice fruit**, and Milk Lunch: Chicken Nuggets *Brussels sprouts, yams*, w/ wheat roll, Milk Snack: Apples and Milk	Board Meeting Breakfast: Grits, pears and Milk Lunch: Ground Turkey soft taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and Milk Snack: Vanilla Yogurt, Pineapple, Water 	Breakfast: Whole Grain Pancakes with Syrup, Applesauce, Milk Lunch: Swai Filet with Lemon Pepper, Sweet Potato Nuggets*, Chef's Choice Veggie, Roll and Milk Snack: Shredded Wheat Bites, Milk
15	16	17	18	19
Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, Milk Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w ranch dressing, Milk Snack: Vanilla Yogurt, Pineapple, Water	Breakfast: Cheerios, Mandarin Oranges, Milk Lunch: Pulled Chicken BBQ w/ wheat roll, corn, spinach*, Milk Snack: Whole Wheat Tortilla Pizza and Water	Breakfast: Chicken Sausage Link, Hash-browns and Milk Lunch: Spaghetti w/meat sauce (Ground Turkey) and whole wheat noodles, Yellow Squash, **chef's choice fruit** and Milk Snack: Cheese Sandwich on wheat bread and water 	Breakfast: Breakfast Pizza, pears, Milk Lunch: Three cheese potatoes, ^green beans, **chef's choice veggie** wheat roll, Milk Snack: Whole Grain Cheez - Its, Cantaloupe and Water	Breakfast: Kix, pineapple, Milk Lunch: Cheese omelet, hash browns, banana, whole wheat toast, Milk Snack: Goldfish Crackers, Milk
22	23	24	25	26
Breakfast: Hot Whole Grain Biscuit, peaches, Milk  Lunch: Chicken salad, Ritz crackers, Cantaloupe, Mixed Vegetable Blend*, Milk Snack: Honey Dew Melon, Milk	Breakfast: Kix, pineapple, Milk Lunch: Meatball on a bun (Whole Grain), Baked Potato with Sour Cream , ^green beans, Milk Snack: Saltine crackers, cheese, water	Breakfast: Vanilla Yogurt, **chef's choice fruit**, Milk Lunch: Chef Salad with ranch dressing, chef's choice fruit, wheat roll and Milk Snack: Apples and Cottage Cheese w/ water	Breakfast: Pancakes, Applesauce, Milk Lunch: Grilled chicken patty on wheat bun , garlic mashed cauliflower*, peas, Milk Snack: Shredded Wheat Bites, Milk	Breakfast: Oatmeal, Mango/Peach/ Pineapple Blend, Milk Lunch: Swai Filet w/ Lemon Pepper, Mashed Potatoes, spinach*, w/ wheat roll, Milk Plant a tree for Arbor Day  Snack: Tortilla Chips, Salsa, Milk
29	30	<p>The month of April gets its name from the Latin word <i>aperio</i>, meaning "to open [bud]," because plants really begin to grow now.</p>  <p>April Birth Flowers ~ Daisy and Sweet Pea</p> 		
Breakfast pizza, mandarin Oranges, Milk Lunch: Chicken Nuggets *Brussels sprouts, sweet potato tots*, w/ wheat roll, Milk Snack: Ritz crackers, cheese, water	Policy Council EHS and HS Closed - Teacher Work Day Breakfast: French Toast Sticks, Pineapple, Milk Lunch: Cheese omelet, hash browns, peaches, wheat biscuit and Milk Snack: Tuna Salad on Whole Grain Bread, Water			

\* 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