

The Children's Center APRIL 2025 Menu One to Five Years Old - Chef's Choice Menu				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Breakfast: Kix, Milk mandarin oranges,  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	EHS/HS Closed - Teacher Workday 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
7	8	9	10	11
Breakfast: Cheese with wheat toast, applesauce, and Milk Lunch: Turkey Sausage, wheat biscuit, Mandarin Oranges, peas and Milk Snack: Tortilla Chips, Salsa, Milk	Breakfast: Whole Grain Waffles, pineapple and Milk Lunch: Cheese Ravioli with Marinara, Mozz Cheese, Broccoli, Chef's Choice Vegetable and Milk 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 HS - Early Dismissal 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
14	15	16	17	18
EHS/HS Closed - Spring Break 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	EHS/HS Closed - Spring Break Breakfast: Cheerios, Mandarin Oranges, Milk Lunch: Pulled Chicken BBQ w/ wheat roll, corn, spinach*, Milk Snack: Whole Wheat Tortilla Pizza and Water	EHS/HS Closed - Spring Break Breakfast: Chicken Sausage Link, Hashbrowns 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	EHS/HS Closed - Spring Break 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	EHS/HS Closed - Spring Break Breakfast: Kix, pineapple, Milk Lunch: Cheese omelet, hash browns, banana, whole wheat toast, Milk Snack: Goldfish Crackers, Milk
21	22	23	24	25
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 with Lemon Pepper, Mashed Potatoes, spinach*, w/wheat roll, Milk  Snack: Tortilla Chips, Salsa, Milk <i>Plant a tree for Arbor Day April 25th</i>
28	29	30		
	Policy Council			
Breakfast pizza, mandarin Oranges, Milk Lunch: Chicken Nuggets *Brussels sprouts, sweet potato tots*, w/ wheat roll, Milk Snack: Ritz crackers, cheese, water	Breakfast: French Toast Sticks, Pineapple, Milk Lunch: Cheese omelet, hash browns, peaches, wheat biscuit and Milk Snack: Tuna Salad on Whole Grain Bread, Water	Breakfast: Cheerios, peaches, Milk Lunch: Meatballs with Gravy, Mixed Vegetables, Mashed Potatoes, Roll and Milk Snack: Warm wheat biscuit, **chef's choice fruit** and 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.

^Canned green beans

Cereal must have at 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

The month of April gets its name from the Latin word *aperio*, meaning "to open [bud]," because plants really begin to grow now.



*April Birth Flowers
~
Daisy and Sweet Pea*

