

The Children's Center APRIL 2026 Menu
One to Five Years Old - Chef's Choice Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<p>Breakfast: Chicken Sausage links, pineapple, Milk</p> <p>LUNCH: FISH FILLET WITH LEMON PEPPER **CHEF'S CHOICE VEGGIE** BROCCOLI ROLL AND MILK</p>  <p>SNACK: PEARS AND MILK</p>	<p>Breakfast: Whole Grain Waffles, bananas, Milk</p> <p>Lunch: Whole Grain Macaroni with cheese, green beans, yams* and Milk</p> <p>Snack: Gold fish crackers and Milk</p>	<p>Breakfast: French toast sticks, **chef's choice fruit** and Milk</p> <p>Lunch: Meatball on a bun (Whole Grain), pears, *spinach, Milk</p> <p>Snack: Shredded Wheat Bites, Milk</p>
6	7	8	9	10
EHS/HS Closed - Spring Break	EHS/HS Closed - Spring Break	EHS/HS Closed - Spring Break	Board Meeting EHS/HS Closed - Spring Break	EHS/HS Closed - Spring Break
<p>Breakfast: Cheese with wheat toast, applesauce, and Milk</p> <p>Lunch: Turkey Sausage, wheat biscuit, Mandarin oranges, peas and Milk</p>  <p>Snack Tortilla Chips, Salsa, Milk</p>	<p>Breakfast: Whole Grain Waffles, pineapple and Milk</p> <p>Lunch: Cheese Ravioli with Marinara, Mozz Cheese, Broccoli, Chef's Choice Vegetable and Milk</p> <p>Snack: Peaches, Whole Grain Cheez Its and water</p>	<p>Breakfast: Kix, **chef's choice fruit**, and Milk</p> <p>Lunch: Chicken Nuggets *Brussels sprouts, yams*, w/wheat roll, Milk</p> <p>Snack: Apples and Milk</p>	<p>Breakfast: Grits, pears and Milk</p> <p>Lunch: Ground Turkey soft taco (wheat tortilla) w/lettuce, tomato*, cheese, sour cream and salsa, corn, and Milk</p> <p>Snack: Vanilla Yogurt, Pineapple, Water</p>	<p>Breakfast: Whole Grain Pancakes with Syrup, Applesauce, Milk</p> <p>Lunch: Fish Fillet with Lemon Pepper, Sweet Potato Nuggets*, Chef's Choice Veggie, Roll and Milk</p> <p>Snack: Shredded Wheat Bites, Milk</p>
13	14	15	16	17
<p>Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, Milk</p> <p>Lunch: Cheese Pizza (Whole Grain), *Lettuce and Tomato Salad w/Ranch dressing, **chef's choice fruit** Milk</p> <p>Snack: Vanilla Yogurt, Pineapple, Water</p>	<p>Breakfast: Cheerios, Mandarin Oranges, Milk</p>  <p>Lunch: Pulled Chicken BBQ w/ wheat roll, corn, spinach*, Milk</p> <p>Snack: Whole Wheat Tortilla Pizza and Water</p>	<p>Breakfast: Chicken Sausage Link, Hashbrowns and Milk</p> <p>Lunch: Spaghetti w/meat sauce (Ground Turkey) and whole wheat noodles, Yellow Squash, **chef's choice fruit** and Milk</p> <p>Snack: Cheese Sandwich on wheat bread and water</p>	<p>Breakfast: Breakfast Pizza, pears, Milk</p> <p>Lunch: Three cheese potatoes, ^green beans, **chef's choice veggie** wheat roll, Milk</p> <p>Snack: Whole Grain Cheez - Its, Cantaloupe and Water</p>	<p>Breakfast: Kix, pineapple, Milk</p> <p>Lunch: Cheese omelet, hash browns, banana, whole wheat toast, Milk</p> <p>Snack: Goldfish Crackers, Milk</p>
20	21	22	23	24
<p>Breakfast: Hot Whole Grain Biscuit, peaches, Milk</p> <p>Lunch: Chicken salad, Ritz crackers, Cantaloupe, Mixed Vegetable Blend*, Milk</p> <p>Snack: Honey Dew Melon, Milk</p>	<p>Breakfast: Kix, pineapple, Milk</p> <p>Lunch: Meatballs in Marinara on a bun (Whole Grain), Baked Potato with Sour Cream, ^green beans, Milk</p> <p>Snack: Saltine crackers, cheese, water</p>	<p>Breakfast: Vanilla Yogurt, **chef's choice fruit**, Milk</p> <p>Lunch: Chef Salad with Ranch dressing, chef's choice fruit, wheat roll and Milk</p> <p>Snack: Apples and Cottage Cheese w/ water</p> 	<p>Breakfast: Pancakes, Applesauce, Milk</p> <p>Lunch: Grilled chicken patty on wheat bun, garlic mashed cauliflower*, peas, Milk</p> <p>Snack: Shredded Wheat Bites, Milk</p>	<p>HS Closed - Teacher Work Day</p>  <p>Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, Milk</p> <p>Lunch: Fish Fillet with Lemon Pepper, Mashed Potatoes, spinach*, w/wheat roll, Milk</p> <p>Snack: Tortilla Chips, Salsa, Milk</p>
27	28	29	30	
	Policy Council			
<p>Breakfast pizza, mandarin Oranges, Milk</p> <p>Lunch: Chicken Nuggets *Brussels sprouts, sweet potato tots*, w/ wheat roll, Milk</p> <p>Snack: Ritz crackers, cheese, water</p>	<p>Breakfast: French Toast Sticks, Pineapple, Milk</p> <p>Lunch: Cheese omelet, hash browns, peaches, wheat biscuit and Milk</p> <p>Snack: Tuna Salad on Whole Grain Bread, Water</p>	<p>Breakfast: Cheerios, peaches, Milk</p> <p>Lunch: Meatballs with Gravy, Mixed Vegetables, Mashed Potatoes, Roll and Milk</p> <p>Snack: Warm wheat biscuit, **chef's choice fruit** and water</p>	<p>Breakfast: Oatmeal, Mango/Peach/Pineapple Blend, Milk</p> <p>Lunch: Hamburger w/cheese on a bun (Whole Grain) w/ lettuce and tomato*, corn, and Milk</p> <p>Snack: Whole Grain Cheez - Its, Cantaloupe and Water</p> 	

* 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 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

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