

ECLC APRIL 2017 MENU w/ SNACK

<u>MONDAY 3</u>	<u>TUESDAY 4</u>	<u>WEDNESDAY 5</u>	<u>THURSDAY 6</u>	<u>FRIDAY 7</u>
<p align="center">SPRING BREAK- NO SCHOOL</p> <p><u>Alternative Meals:</u> 4/3-4/7: SPRING BREAK 4/10-4/14: Hummus Plate 4/17-4/21: Wow Butter & Honey Sandwich 4/24-4/28: Hummus Plate</p>	<p align="center">SPRING BREAK- NO SCHOOL</p> <p align="center">Find us on Facebook! www.facebook.com/ CSDschoolnutrition/</p>	<p align="center">SPRING BREAK- NO SCHOOL</p>	<p align="center">SPRING BREAK- NO SCHOOL</p>	<p align="center">SPRING BREAK- NO SCHOOL</p>
<u>MONDAY 10</u>	<u>TUESDAY 11</u>	<u>WEDNESDAY 12</u>	<u>THURSDAY 13</u>	<u>FRIDAY 14</u>
<p align="center"><u>BREAKFAST</u> Chicken Biscuit or Assorted Cereal w/Toast Sliced Peaches Choice of Milk</p> <p align="center"><u>BRUNCH FOR LUNCH</u> Scrambled Eggs & Bacon Hash Browns Toast Roasted Carrots w/Parmesan Cheese & Garlic Sliced Pears Choice of Milk</p> <p align="center"><u>SNACK</u> WG Goldfish Crackers Water</p>	<p align="center"><u>BREAKFAST</u> Peach Pie Parfait or Assorted Cereal w/Toast Pineapple Tidbits Choice of Milk</p> <p align="center"><u>LUNCH</u> WG Rotini Pasta w/Marinara Sauce & Broccoli Sautéed Edamame WG Breadstick Cinnamon Apples Choice of Milk</p> <p align="center"><u>SNACK</u> Whole Grain Graham Grahams 100% Fruit Juice LEAN & GREEN DAY</p>	<p align="center"><u>BREAKFAST</u> Sausage & Waffle w/Syrup or Assorted Cereal w/Toast Sliced Pears Choice of Milk</p> <p align="center"><u>LUNCH</u> Diced Grilled Chicken w/Dip Roasted Potato Wedges Green Beans Honey Wheat Roll Fresh Fruit Cup w/ Strawberries (F2S) Choice of Milk</p> <p align="center"><u>SNACK</u> Vanilla Wafers & Banana Water</p>	<p align="center"><u>BREAKFAST</u> French Toast w/Syrup or Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p align="center"><u>LUNCH</u> Beef Soft Tacos Lettuce, Tomatoes & Salsa Sour Cream & Guacamole Refried Beans Pineapple Tidbits Choice of Milk</p> <p align="center"><u>SNACK</u> Vanilla Yogurt Sliced Pears Water</p>	<p align="center"><u>BREAKFAST</u> Pancakes & Bacon Assorted Cereal w/Toast Mandarin Oranges Choice of Milk</p> <p align="center"><u>LUNCH</u> Turkey & Cheese Roll Up Sweet Potato Fries Green Peas Apple/Applesauce Choice of Milk</p> <p align="center"><u>SNACK</u> Sugar-free Chocolate Pudding Animal Crackers Water</p>

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<u>MONDAY 17</u>	<u>TUESDAY 18</u>	<u>WEDNESDAY 19</u>	<u>THURSDAY 20</u>	<u>FRIDAY 21</u>
<p><u>BREAKFAST</u> Cinnamon Roll Assorted Cereal w/Toast Pineapple Tidbits Choice of Milk</p> <p><u>LUNCH</u> Chicken Alfredo w/WG Rotini Pasta Steamed Broccoli Glazed Carrots Mixed Fruit Choice of Milk</p> <p><u>SNACK</u> WG Choc. Chip Oatmeal Bar Milk</p>	<p><u>BREAKFAST</u> Berry Patch Smoothie or Assorted Cereal w/Toast Sliced Peaches Choice of Milk</p> <p><u>LUNCH</u> Cheese Pizza Buttered Corn Steamed Mixed Veggies Sliced Peaches Choice of Milk</p> <p><u>SNACK</u> Cheerios Sliced Pears/Raisins Water LEAN & GREEN DAY</p>	<p><u>BREAKFAST</u> Chicken & Waffles Or Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Hamburger on a WG Bun Sweet Potato Fries Garlicky Green Beans Banana & Strawberries (F2S) Choice of Milk</p> <p><u>SNACK</u> Cheese Stick WG Crackers Water</p>	<p><u>BREAKFAST</u> Sausage Biscuit or Assorted Cereal w/Toast Sliced Pears Choice of Milk</p> <p><u>LUNCH</u> Chicken Quesadilla Lettuce, Tomatoes & Salsa Sour Cream & Guacamole Mexican Rice Pinto Beans Pineapple Tidbits Choice of Milk</p> <p><u>SNACK</u> Rice Chex Cereal 100% Fruit Juice</p>	<p><u>BREAKFAST</u> Scrambled Eggs & Cheese Grits Or Assorted Cereal w/Toast Sliced Peaches Choice of Milk</p> <p><u>LUNCH</u> Chicken Fillet on WG Bun Ranch Potato Wedges Green Peas & Carrots Fuji Apple /Applesauce Choice of Milk</p> <p><u>SNACK</u> Turkey & Cheese Roll Up Water</p>
<u>MONDAY 24</u>	<u>TUESDAY 25</u>	<u>WEDNESDAY 26</u>	<u>THURSDAY 27</u>	<u>FRIDAY 28</u>
<p><u>BREAKFAST</u> WG Muffin & Vanilla Yogurt Or Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Fish Sticks w/Tartar Sauce Macaroni & Cheese Seasoned Green Beans Chilled Applesauce Choice of Milk</p> <p><u>SNACK</u> Cheese Stick WG Crackers Water</p>	<p><u>BREAKFAST</u> French Toast w/Syrup Or Assorted Cereal w/Toast Pineapple Tidbits Choice of Milk</p> <p><u>LUNCH</u> Cheese Ravioli in Marinara Sauce Sweet Potato Fries Sautéed Edamame Sliced Peaches Choice of Milk</p> <p><u>SNACK</u> Fruit & Yogurt Water LEAN & GREEN DAY</p>	<p><u>BREAKFAST</u> Oatmeal w/Brown Sugar or Assorted Cereal w/Toast Sliced Pears Choice of Milk</p> <p><u>LUNCH</u> Diced Baked Chicken Brown Rice Steamed Broccoli Fresh Fruit Cup w/ Strawberries (F2S) Choice of Milk</p> <p><u>SNACK</u> Sugar-free Pudding Cup 100% Fruit Juice</p>	<p><u>BREAKFAST</u> Egg & Cheese Biscuit or Assorted Cereal w/Toast Sliced Peaches Choice of Milk</p> <p><u>LUNCH</u> Beef Soft Tacos Lettuce, Tomato, Salsa Sour Cream & Guacamole Black Beans Pineapple Tidbits Choice of Milk</p> <p><u>SNACK</u> Animal Crackers & Banana Water</p>	<p><u>BREAKFAST</u> Pancakes w/Syrup Or Assorted Cereal w/Toast Mandarin Oranges Choice of Milk</p> <p><u>LUNCH</u> Chicken Nuggets w/Dip Real Mashed Potatoes Seasoned Green Peas Honey WG Roll Mixed Fruit Choice of Milk</p> <p><u>SNACK</u> Whole Grain Muffin Milk</p>