

**MONTH: APRIL 2022**

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B F A S T</b>					<b>1</b> 2 srvgs Wgr French Toast 1 tsp Butter 1/2 cups Sliced Banana/Raisins 8 oz. Non-fat Milk
<b>L U N C H</b>					2 oz. Wgr Egg Sandwich 1/2 c. Lettuce/Carrots Salad 1/2 c Sliced Oranges 8 oz. Non-Fat Milk
<b>S N A C K</b>					2 svgs. Wgr Graham Crackers 1/2 c. Apple Slices
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B F A S T</b>	<b>4</b> 2 srvgs Wgr Pancake 1 tsp. Butter, 1 tbsp Syrup 1/2 c Diced Pears 8 oz Non-Fat Milk	<b>5</b> 1.5 Cups Cold Wgr Cereals 1/2 cups Sliced Banana/Raisins 8 oz. Non-fat Milk	<b>6</b> 2 srvgs Wgr French Toast 1 tsp Butter 1/2 cups Sliced Banana/Raisins 8 oz. Non-fat Milk	<b>7</b> 1/2 c Hot Wgr Cereal 1/2 cups Sliced Banana/Raisins 8 oz. Non-fat Milk	<b>8</b> 1.5 Cups Cold Wgr Cereals 1/2 cups Sliced Banana/Raisins 8 oz. Non-fat Milk
<b>L U N C H</b>	2 oz Wgr Tuna Sandwich 1/2 c. Lettuce/Carrots Salad 1/2 c. Fresh Grapes, small pcs 8 oz. Non-Fat Milk	2 oz. Chicken Curry w/ 1 c. Rice 1 c. Steamed Broccoli/Cauliflower/Carrots 1/2 cup Sliced Cantaloupe 8 oz. non-fat milk	2 oz. Wgr Turkey & Cheese Sandwich 1/2 c. Lettuce/Carrots Salad 1/2 c. Strawberries, halves 8 oz. Non-Fat Milk	1 c. Wgr Spaghetti w/ Meatballs 1/2 c Peas 1/2 c. F Strawberries, halves 8 oz. Non-Fat Milk	2 oz. Wgr Ham & Cheese Sandwich 1/2 c. Lettuce/Carrots Salad 1/2 c. Fresh Fruit Salad 8 oz. Non-Fat Milk
<b>S N A C K</b>	1 svg Wgr Saltine Crackers 6 oz. Orange Juice	1/2 c. Diced Peaches 2 oz. Cottage Cheese	2 servings Wgr Ritz Crackers 1 oz Cheese cubes	2 svgs. Wgr Graham Crackers 1/2 c. Apple Slices	1/2 cup Apple Juice 1 Serving Cornbread

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>B F A S T</b>	<b>11</b> 1/2 c Hot Wgr Cereal 1/2 cups Sliced Banana/Raisins 8 oz. Non-fat Milk	<b>12</b> 2 srvgs Wgr Pancake 1 tsp. Butter, 1 tbsp Syrup 1/2 c Diced Pears 8 oz Non-Fat Milk	<b>13</b> 1.5 Cups Cold Wgr Cereals 1/2 cups Sliced Banana/Raisins 8 oz. Non-fat Milk	<b>14</b> 2 srvgs Wgr Waffles 1 tsp. Butter, 1 tbsp Syrup 1/2 c Diced Peaches 8 oz. Non-Fat Milk	<b>15</b> 1/2 c Hot Wgr Cereal 1/2 cups Sliced Banana/Raisins 8 oz. Non-fat Milk	
	<b>L U N C H</b>	2 oz. Wgr Egg Sandwich 1/2 c. Lettuce/Carrots Salad 1/2 c Sliced Oranges 8 oz. Non-Fat Milk	1 c Beef Stew w/1 cup Wgr rice 1 c. Steamed Broccoli/Cauliflower/Carrots 1/2 cup Sliced Cantaloupe 8 oz. non-fat milk	2 oz Wgr Tuna Sandwich 1/2 c. Lettuce/Carrots Salad 1/2 c. Fresh Grapes, small pcs 8 oz. Non-Fat Milk	2 oz Wgr Baked Macaroni with Cheese 1/2 Cup Corn 1 cup Strawberries halves 8 oz non-fat milk	2 oz. Wgr Turkey & Cheese Sandwich 1/2 c.Lettuce/Carrots Salad 1/2 c. Strawberries, halves 8 oz. Non-Fat Milk
	<b>S N A C K</b>	2 svgs. Wgr Graham Crackers 1/2 c. Apple Slices	1/2 cup Apple Juice 1 Serving Cornbread	1 svg Wgr Saltine Crackers 6 oz. Orange Juice	2 servings Wgr Ritz Crackers 1 oz Cheese cubes	1/2 c. Diced Peaches 2 oz. Cottage Cheese
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>B F A S T</b>	<b>18</b> 2 srvgs Wgr French Toast 1 tsp Butter 1/2 cups Sliced Banana/Raisins 8 oz. Non-fat Milk	<b>19</b> 1.5 Cups Cold Wgr Cereals 1/2 cups Sliced Banana/Raisins 8 oz. Non-fat Milk	<b>20</b> 1/2 c Hot Wgr Cereal 1/2 cups Sliced Banana/Raisins 8 oz. Non-fat Milk	<b>21</b> 2 srvgs Wgr Pancake 1 tsp. Butter, 1 tbsp Syrup 1/2 c Diced Pears 8 oz Non-Fat Milk	<b>22</b> 2 srvgs Wgr Waffles 1 tsp. Butter, 1 tbsp Syrup 1/2 c Diced Peaches 8 oz. Non-Fat Milk	
	<b>L U N C H</b>	2 oz. Wgr Ham & Cheese Sandwich 1/2 c.Lettuce/Carrots Salad 1/2 c. Fresh Fruit Salad 8 oz. Non-Fat Milk	2 oz.Chicken Curry w/ 1 c. Rice 1 c. Steamed Broccoli/Cauliflower/Carrots 1/2 cup Sliced Cantaloupe 8 oz. non-fat milk	2 oz. Wgr Turkey & Cheese Sandwich 1/2 c.Lettuce/Carrots Salad 1/2 c. Strawberries, halves 8 oz. Non-Fat Milk	1 c. Wgr Penne Pasta w/ Meatballs 1/2 c Peas 1/2 c. F Strawberries, halves 8 oz. Non-Fat Milk	2 oz Wgr Tuna Sandwich 1/2 c. Lettuce/Carrots Salad 1/2 c. Fresh Grapes, small pcs 8 oz. Non-Fat Milk
	<b>S N A C K</b>	1/2 cup Apple Juice 1 Serving Cornbread	2 servings Wgr Ritz Crackers 1 oz Cheese cubes	2 svgs. Wgr Graham Crackers 1/2 c. Apple Slices	1/2 c. Diced Peaches 2 oz. Cottage Cheese	2 svgs. Wgr Graham Crackers 1/2 c. Apple Slices

WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>B F A S T</b>	2 srvgs Wgr Pancake 1 tsp. Butter, 1 tbsp Syrup 1/2 c Diced Pears 8 oz Non-Fat Milk	2 srvgs Wgr Waffles 1 tsp. Butter, 1 tbsp Syrup 1/2 c Diced Peaches 8 oz. Non-Fat Milk	1/2 c Hot Wgr Cereal 1/2 cups Sliced Banana/Raisins 8 oz. Non-fat Milk	2 srvgs Wgr French Toast 1 tsp Butter 1/2 cups Sliced Banana/Raisins 8 oz. Non-fat Milk	2 srvgs Wgr French Toast 1 tsp Butter 1/2 cups Sliced Banana/Raisins 8 oz. Non-fat Milk
<b>L U N C H</b>	2 oz. Wgr Egg Sandwich 1/2 c. Lettuce/Carrots Salad 1/2 c Sliced Oranges 8 oz. Non-Fat Milk	1 c Pork Adobo w/1 cup Wgr rice 1 c. Steamed Broccoli/Cauliflower/Carrots 1/2 cup Sliced Cantaloupe 8 oz. non-fat milk	2 oz. Wgr Ham & Cheese Sandwich 1/2 c.Lettuce/Carrots Salad 1/2 c. Fresh Fruit Salad 8 oz. Non-Fat Milk	1 c. Wgr Spaghetti w/ Meatballs 1/2 c Peas 1/2 c. F Strawberries, halves 8 oz. Non-Fat Milk	2 oz. Wgr Turkey & Cheese Sandwich 1/2 c.Lettuce/Carrots Salad 1/2 c. Strawberries, halves 8 oz. Non-Fat Milk
<b>S N A C K</b>	1 svg Wgr Saltine Crackers 6 oz. Orange Juice	1/2 c. Diced Peaches 2 oz. Cottage Cheese	2 servings Wgr Ritz Crackers 1 oz Cheese cubes	2 svgs. Wgr Graham Crackers 1/2 c. Apple Slices	1/2 cup Apple Juice 1 Serving Cornbread

\*\* Non-Fat Fluid Milk served at Breakfast and Lunch

\*\*\* Menu are subject to change due to availability and season.

**NOTES:**

---



---

**PREPARED BY:**

---

**Caroline Mayo**

Program Director