


April

ADULT DAY CENTER

Breakfast

Mon	Tue	Wed	Thu	Fri
		Cinnamon Oatmeal Strawberries 1 Milk	WG Pancake Orange Segments 2 Milk	WG Bagel w/ Cream Cheese Sliced Grapes 3 Milk
French Toast Sticks Peaches 6 Milk	Scrambled Eggs Watermelon 7 Milk	WG Blueberry Muffin Applesauce 8 Milk	WG Waffle Strawberries 9 Milk	Turkey Sausage Patty Banana 10 Milk
Yogurt Blueberries 13 Milk	WG Biscuit Orange Segments 14 Milk	Egg and Potato Casserole 15 Milk	WG Cheerios Cereal Banana 16 Milk	French Toast Sticks Applesauce 17 Milk
WG Pancake Strawberries 20 Milk	WG English Muffin Sliced Grapes 21 Milk	Turkey Sausage Patty Hashbrown 22 Milk	WG Waffle Blueberries 23 Milk	Breakfast Pizza WG Pita Round Orange Segment 24 Milk
WG Croissant Watermelon 27 Milk	Scrambled Eggs Hashbrown 28 Milk	Yogurt Peaches 29	Oatmeal Soft Apple Slices 30	

This institution is an Equal Opportunity Employer

Serving Sizes:

Milk - 1 cup

Key:

HM - Homemade

WG - Whole Grain

Ages 6-18

Grains/Meat Alternative - ½ cup

WGR - Whole Grain Rich


WW - Whole Wheat

Fruit/Vegetable - ½ cup

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Lunch

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Mon	Tue	Wed	Thu	Fri
		Chicken and Waffles WG Waffle Roasted Carrots Peaches Milk	Cheesy Rigatoni w/ Ground Turkey Green Beans Apple Slices Milk	Pepperoni Pizza WG Pizza Round Roasted Broccoli Pears Milk
Beef Quesadilla WG Tortilla Corn Pineapple Milk	Seasoned Chicken and Rice Green Beans Orange Segments Milk	Turkey Stroganoff Noodles Peas Pears Milk	BBQ Pulled Chicken Sandwich WG Bun Sweet Potatoes Mangos Milk	Tuna Noodle Casserole Noodles Lima Beans Peaches Milk
Chicken Alfredo Noodles Carrots Pears Milk	Turkey and Cheese Sliders WG Slider Bun Sweet Potatoes Watermelon Milk	Chicken Wrap WG Tortilla Black Bean Salsa Pineapple Milk	Salisbury Steak WG Bun Mashed Potatoes and Gravy Peaches Milk	Cheese Pizza WG Pizza Round California Blend Veggies Orange Segments Milk
Tater Tot Casserole WG Breadstick Ground Beef Broccoli Fruit Cocktail Milk	Spaghetti w/ Ground Turkey Served in a Red Sauce Roasted Brussel Sprouts Pears Milk	Turkey Melt WG Bread French Fries Tropical Fruit Milk	Chicken Salad Wrap WG Tortilla Mixed Veggies Cantaloupe Milk	Fish Taco WG Tortilla Coleslaw Mango Milk
Chicken Tenders WG Bun Sweet Potatoes Sliced Grapes Milk	Grilled Cheese Sandwich Tomato Soup WG Slice of Bread Orange Segments Milk	Beef Hamburger WG Bun French Fries Peach Crisp	Ziti w/ Ground Turkey Served in a Red Sauce Peas Oranges	

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Snack

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Mon	Tue	Wed	Thu	Fri
		1 Celery Strips WG Cheez Its Crackers	2 Yogurt WG Cinnamon Pita	3 Applesauce Graham Cracker Sheets
6 Carrots w/ Ranch Soft Apple Slices	7 Yogurt Parfait Granola Strawberries	8 String Cheese Stick WG Ritz Crackers	9 Calzone Served w/ Marinara Sauce	10 Cereal Trail Mix Watermelon
13 Animal Crackers Applesauce	14 English Muffin Fruit Pizza Blueberries Strawberries	15 String Cheese Sliced Grapes	16 Goldfish Crackers Crushed Pineapples	17 Mixed Fruit Smoothie
20 Banana Muffin Cottage Cheese	21 Bosco Stick Served w/ Marinara Sauce	22 Soft Pretzel Applesauce	23 Banana WG Cheez It Crackers	24 Graham Cracker Sheets Apple Dip
27 Yogurt WG Ritz Crackers	28 Wheat Thins Fruit Cocktail	29 Mixed Fruit Smoothie	30 Mac n Cheese	

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