

Breakfast K-12

April 2023

MON

TUE

WED

THU

FRI

3
Cherry Cocoa Bar
Fresh Pear & 100% Pineapple Juice

4
Strawberry Yogurt
Graham Crackers
Fresh Apple & Diced Pineapple
Or
Waffles w/ Syrup
Diced Pineapple & 100% Apple Juice

5
Honey Cheerios
Graham Crackers
Diced Peaches & 100% Grape Juice
Or
French Toast w/ Syrup Diced Peaches & 100% Grape Juice

6
Plain Bagel w/ Cream Cheese Applesauce & 100% Orange Juice
Or
Cinnamon Bun Applesauce & 100% Orange Juice

7
Multi-Grain Cinnamon Flakes
Graham Crackers
Raisins & 100% Grape Juice

10
Cinnamon Crisps Bar
Raisins & 100% Grape Juice
Milk (8oz)

11
Strawberry Yogurt
Graham Crackers
Fresh Apple & Diced Pineapple
Or
Pancakes w/ Syrup
Diced Pineapple & 100% Apple Juice

12
Multi-Grain Cinnamon Flakes
Graham Crackers
Raisins & 100% Grape Juice
Or
Apple Frudel
Diced Peaches & 100% Grape Juice

13
Plain Bagel
Cream Cheese
Applesauce & 100% Orange Juice
Or
Waffles w/ Syrup
Applesauce & 100% Orange Juice

14
Blueberry Muffin
Fresh Orange & 100% Pineapple Juice

17
Multigrain Cheerios
Graham Crackers
Raisins & Applesauce

18
Strawberry Yogurt
Graham Crackers
Fresh Apple & Diced Pineapple
Or
Pancakes w/ Syrup
Diced Pineapple & 100% Apple Juice

19
Cinnamon Raisin Bagel
Butter
Raisins & Applesauce
Or
French Toast w/ Syrup Diced Peaches & 100% Grape Juice

20
Honey Cheerios
Graham Crackers
Fresh Apple & 100% Orange Juice
Or
Cinnamon Bun
Apple sauce & 100% Orange Juice

21
Cherry Cocoa Bar
Fresh Pear & 100% Pineapple Juice

24
Multi-Grain Frosted Flakes
Graham Crackers
Diced Peaches & 100% Grape Juice

25
Strawberry Yogurt
Graham Crackers
Fresh Apple & Diced Pineapple
Or
Apple Frudel
Diced Pineapple & 100% Apple Juice

26
Banana Muffin
Raisins & Applesauce
Or
Waffles
Diced Peaches & 100% Grape Juice

27
Cinnamon Toast Crunch
Graham Crackers
Applesauce & 100% Orange Juice
Or
Pancakes w/ Syrup
Applesauce & 100% Orange Juice

28
Cinnamon Crisps Bar
Raisins & 100% Grape Juice

- ### Did You Know?
- All grain products are whole grain rich
 - There are no pork products on this menu
 - Meats are lean and cheeses are low fat
 - All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

ENTERED APR 04 2023



WHITSON'S
Prepared Meals

This institution is an equal opportunity provider.

Lunch K-8

April 2023

MON

TUE

WED

THU

FRI

3

Cheese Quesadilla w/ Sour Cream Mexican Corn Salad Fresh Apple
Or
Beef Salisbury w/ Gravy Roasted Potatoes Fresh Apple

4

Chicken & Vegetable Dumplings Oriental Vegetables Fresh Pear
Or
Cheese Lasagna w/ Tomato Sauce Green Beans Fresh Pear

5

BBQ Chicken w/Brown Rice Baked Beans Fresh Apple
Or
Chickpea Marinara w/ Cheese (Chickpeas) Fresh Apple

6

Stuffed Bread Sticks Marinara Dipping Sauce & 100% Sun Splash Juice Fresh Banana
Or
Turkey Fajita w/ Brown Rice Carrots Fresh Banana

7

Cheese Pizza Garden Side Salad w/ Ranch Fresh Apple
Or
Chicken Salad Sandwich Garden Side Salad w/ Ranch Fresh Apple

10

Cheese Burger w/ Ketchup Roasted Potatoes Fresh Apple
Or
Egg & Cheese Sandwich w/ Ketchup Roasted Potatoes Fresh Apple

11

Fajita Chicken w/Brown Rice Black Beans & Tomatoes Fresh Pear
Or
Spanish Rice w/ Cheese & Beans Fresh Pear

12

Beef Meatballs w/ Tomato Sauce & Parmesan Cheese Broccoli
Or
Veggie Burger w/ ketchup Garden Side Salad w/ Ranch Fresh Apple

13

Cheese Raviolis Green Beans Fresh Banana
Or
Cobb Salad w/ Pita Bread Fresh Banana

14

French Bread Cheese Pizza Baby Carrots w/ Ranch Dressing Fresh Apple
Or
Turkey & Cheese Sandwich w/ Mayo Baby Carrots w/ Ranch Dressing Fresh Apple

17

BBQ Beef Meatballs Broccoli Fresh Apple
Or
Pasta w/ Tomato Sauce & Mozzarella Cheese Broccoli Fresh Apple

18

Turkey Hot Dog w/ Ketchup Baked Beans Fresh Pear
Or
Spanish Rice w/ Cheese & Beans Fresh Pear

19

Chicken Tenders w/ Ketchup Roasted Potatoes Fresh Apple
Or
Protein Pasta Alfredo Peas Fresh Apple

20

Cheese Lasagna w/ Tomato Sauce Green Beans Fresh Apple
Or
Chicken Caesar Salad w/ Pita Bread Peas Fresh Apple

21

Cheese Pizza Baby Carrots w/ Ranch Dressing Fresh Apple
Or
Chicken Bessst Sandwich w/ Mayo Baby Carrots w/ Ranch Dressing Fresh Apple

24

Chicken Nuggets w/ Ketchup Baked Beans Fresh Apple
Or
Falafel Bites w/Quinoa Pilaf Black Beans & Tomato Fresh Apple

25

Homemade Macaroni & Cheese Broccoli Fresh Pear
Or
Beef Meatballs w/ Tomato Sauce & Mozzarella Cheese Broccoli Fresh Pear

26

Beef Meatloaf w/ Gravy Mashed Potatoes Fresh Apple
Or
Veggie Burger w/ Ketchup Roasted Potatoes Fresh Apple

27

French Toast Sticks w/ Scrambled Eggs & Syrup Roasted Sweet Potatoes Fresh Banana
Or
Chicken Tamale Refried Beans Fresh Banana

28

French Bread Cheese Pizza Baby Carrots w/ Ranch Dressing Fresh Apple
Or
Egg Salad Sandwich Baby Carrots w/ Ranch Dressing Fresh Apple

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Snack K-12

April 2023

MON TUE WED THU FRI

3	4	5	6	7
WG Cheez-its 100% Fruit Juice	WG Corn Muffin 100% Orange Juice	WG Graham Crackers 100% Apple Juice	String Cheese Fresh Large Apple	WG Pretzels 100% Orange Juice
10	11	12	13	14
WG Blueberry Muffin 100% Fruit Juice	WG Cheez-its Baby Carrots w/ Ranch Dressing	WG Pretzels 100% Orange Juice	String Cheese Fresh Large Apple	WG Graham Crackers 100% Orange Juice
17	18	19	20	21
WG Banana Muffin 100% Orange Juice	WG Tostitos Scoops 100% Fruit Juice	WG Graham Crackers Non-Fat Strawberry Yogurt	WG Pretzels Fresh Large Apple	WG Corn Muffin 100% Orange Juice
24	25	26	27	28
WG Pretzels 100% Orange Juice	WG Graham Crackers 100% Fruit Juice	WG Blueberry Muffin String Cheese	WG Graham Crackers Fresh Large Apple	WG Tostitos 100% Apple Juice

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