

# Spring Menu 2024

March / April / May



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
	3/25, 4/22, 5/20	3/26, 4/23, 5/21	3/27, 4/24, 5/22	3/28, 4/25, 5/23	3/1, 3/29, 4/26, 5/24
<b>Week 1</b>	<p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>Toasted Oats, Oranges, Org. Milk</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>Chx. Sliders, WG Rolls, <b>V</b> Veg. Burger, Tomato Ketchup, Green Beans &amp; Cauliflower, Apples</li> </ul> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>Soft Pretzels, String Cheese, Water</li> </ul>	<ul style="list-style-type: none"> <li>WG Pancakes* w/ Applesauce, Pineapple, Org. Milk</li> <li>Turkey Tacos, WG Tortillas*, <b>V</b> Salsa Veg. Crumbles, Peas &amp; Carrots, Bananas</li> <li>Kids Mix, Pears, Water</li> </ul>	<ul style="list-style-type: none"> <li>Mini Bagels, Cream Cheese, Apples, Org. Milk</li> <li>WG Crispy Chx., Tomato Ketchup, <b>V</b> Veg. Bites, Broccoli &amp; Yellow Beans, Cantaloupe</li> <li>Cheddar Goldfish, Org. Milk</li> </ul>	<ul style="list-style-type: none"> <li>WG Biscuits*, Chx. Sausage, <b>V</b> Eggs, Oranges, Org. Milk</li> <li>WG Rotini, Roasted Tomato Sauce, Chx. Sausage <b>V</b> Org. Tomato Tofu, 4 Veg. Blend, Pineapple</li> <li>Graham Squares*, Bananas, Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Muffins, Honeydew, Org. Milk</li> <li>WG* Garlic Bread Pizza, Green Beans, Diced Carrots, Fruit Salad</li> <li>Club Crackers, Apples, Water</li> </ul>
	3/4, 4/1, 4/29, 5/27	3/5, 4/2, 4/30, 5/28	3/6, 4/3, 5/1, 5/29	3/7, 4/4, 5/2, 5/30	3/8, 4/5, 5/3, 5/31
<b>Week 2</b>	<p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>Corn Chex, Oranges, Org. Milk</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>WG Mac &amp; Cheese, Broccoli &amp; Yellow Beans, Apples</li> <li>Mini Naan Bread, American Cheese, Water</li> </ul> <p><b>Snack</b></p>	<ul style="list-style-type: none"> <li>English Muffins, Scrambled Eggs, Pineapple, Org. Milk</li> <li>Chx. Meatballs In Brown Gravy, <b>V</b> Tofu In Gravy, WG Rolls, Peas &amp; Carrots, Bananas</li> <li>Cheddar Goldfish, Pears, Org. Milk</li> </ul>	<ul style="list-style-type: none"> <li>WG French Toast Sticks, Chx. Sausage, <b>V</b> Eggs, Apples, Org. Milk</li> <li>Turkey Burger w/ Cheese, <b>V</b> Veg. Burger, Buns &amp; Ketchup, Green Beans &amp; Cauliflower, Honeydew</li> <li>Mini Bagels, Cream Chz., Milk</li> </ul>	<ul style="list-style-type: none"> <li>Toasted Oats, Vanilla Yogurt, Oranges, Org. Milk</li> <li>WG Chx. Bites*, Tomato Ketchup, <b>V</b> Veg. Bites, 4 Veg. Blend, Pineapple</li> <li>Animal Crackers, Bananas, Water</li> </ul>	<ul style="list-style-type: none"> <li>Apple Spice Muffins, Cantaloupe, Org. Milk</li> <li>WG* Bean &amp; Cheese Burrito, Green Beans, Diced Carrots, Fruit Salad</li> <li>WG Wheat Crackers, Apples, Water</li> </ul>
	3/11, 4/8, 5/6	3/12, 4/9, 5/7	3/13, 4/10, 5/8	3/14, 4/11, 5/9	3/15, 4/12, 5/10
<b>Week 3</b>	<p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>Shredded Mini Wheats, Oranges, Org. Milk</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>WG Cheese Tortellini In Garlic &amp; Herb Oil, Green Beans &amp; Cauliflower, Apples</li> <li>Ritz Crackers, String Cheese, Water</li> </ul> <p><b>Snack</b></p>	<ul style="list-style-type: none"> <li>WG Pancakes* w/ Applesauce, Pineapple, Org. Milk</li> <li>Southwest Chx., White Rice Bowl, <b>V</b> Org. Tofu, Peas &amp; Carrots, Bananas</li> <li>Mini Bagels, Cream Cheese, Pears</li> </ul>	<ul style="list-style-type: none"> <li>Homemade WG Granola*, Vanilla Yogurt, Apples, Org. Milk</li> <li>Chx. Meatballs In Brown Gravy, <b>V</b> Tofu In Gravy, WG Rolls, Broccoli &amp; Yellow Beans, Cantaloupe</li> <li>Soft Pretzels, American Cheese, Org. Milk</li> </ul>	<ul style="list-style-type: none"> <li>WG Waffles* W/ Pear Puree, Oranges, Org. Milk</li> <li>Chx. Fajitas, WG Tortillas, <b>V</b> Tofu Fajitas, 4 Veg. Blend, Pineapple</li> <li>Graham Squares*, Bananas, Water</li> </ul>	<ul style="list-style-type: none"> <li>Lemon Poppy Muffins, Honeydew, Org. Milk</li> <li>Chx. Alfredo, WG Rotini, <b>V</b> Tofu Alfredo, Green Beans, Diced Carrots, Fruit Salad</li> <li>Kids Mix, Apples, Water</li> </ul>
	3/18, 4/15, 5/13	3/19, 4/16, 5/14	3/20, 4/17, 5/15	3/21, 4/18, 5/16	3/22, 4/19, 5/17
<b>Week 4</b>	<p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>Rice Krispies, Oranges, Org. Milk</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>WG Bean &amp; Cheese Burrito, Broccoli &amp; Yellow Beans, Apples</li> </ul> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>WG Wheat Crackers*, American Cheese, Water</li> </ul>	<ul style="list-style-type: none"> <li>WG Waffles* w/ Applesauce, Pineapple, Org. Milk</li> <li>Turkey Burger w/ Cheese, <b>V</b> Veg. Burger, Buns &amp; Ketchup, Green Beans &amp; Cauliflower, Bananas</li> <li>Animal Crackers, Pears, Water</li> </ul>	<ul style="list-style-type: none"> <li>Mini Bagels, Cream Cheese, Apples, Org. Milk</li> <li>WG Chx. Bites*, Tomato Ketchup, <b>V</b> Veg. Bites, Peas &amp; Carrots, Honeydew</li> <li>Toasted Oats, Vanilla Yogurt, Water</li> </ul>	<ul style="list-style-type: none"> <li>WG Biscuits*, Chx. Sausage, <b>V</b> Eggs, Oranges, Org. Milk</li> <li>Stir-Fry Chx., WG Brown Rice*, <b>V</b> Asian Tofu, 4 Veg. Blend, Pineapple</li> <li>Mini Croissant, Bananas, Water</li> </ul>	<ul style="list-style-type: none"> <li>Cinnamon Roll Muffins, Cantaloupe, Org. Milk</li> <li>Chx. Marinara, WG Penne, <b>V</b> Veg. Crumbles, Green Beans, Diced Carrots, Fruit Salad</li> <li>Club Crackers, Apples, Water</li> </ul>

# Spring Allergy Menu 2024

March / April / May



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	3/25, 4/22, 5/20	3/26, 4/23, 5/21	3/27, 4/24, 5/22	3/28, 4/25, 5/23	3/1, 3/29, 4/26, 5/24
	<b>Lunch</b> <ul style="list-style-type: none"> <li>• Roasted Chicken</li> <li>• Corn Flour Pasta</li> <li>• Green Beans &amp; Cauliflower</li> <li>• Fresh Apples</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken In Salsa</li> <li>• Corn Tortillas</li> <li>• Vegan Cheese</li> <li>• Peas &amp; Carrots</li> <li>• Fresh Bananas</li> </ul>	<ul style="list-style-type: none"> <li>• Corn Flour Pasta</li> <li>• Diced Chicken</li> <li>• Broccoli &amp; Yellow Beans</li> <li>• Fresh Cantaloupe</li> </ul>	<ul style="list-style-type: none"> <li>• Roasted Chicken</li> <li>• Corn Flour Noodles</li> <li>• 4 Veggie Blend</li> <li>• Fresh Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Quesadillas</li> <li>• Vegan Cheese</li> <li>• Green Beans</li> <li>• Diced Carrots</li> <li>• Fresh Fruit Salad</li> </ul>
Week 2	3/4, 4/1, 4/29, 5/27	3/5, 4/2, 4/30, 5/28	3/6, 4/3, 5/1, 5/29	3/7, 4/4, 5/2, 5/30	3/8, 4/5, 5/3, 5/31
	<b>Lunch</b> <ul style="list-style-type: none"> <li>• Mac N' Chicken</li> <li>• Vegan Cheese</li> <li>• Corn Flour Pasta</li> <li>• Broccoli &amp; Yellow Beans</li> <li>• Fresh Apples</li> </ul>	<ul style="list-style-type: none"> <li>• Herbed Chicken</li> <li>• Brown Rice</li> <li>• Peas &amp; Carrots</li> <li>• Fresh Bananas</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Chicken</li> <li>• Brown Rice</li> <li>• Green Beans &amp; Cauliflower</li> <li>• Fresh Honeydew</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Breast</li> <li>• Corn Flour Pasta</li> <li>• 4 Veggie Blend</li> <li>• Fresh Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken In Salsa</li> <li>• Corn Tortillas</li> <li>• Green Beans</li> <li>• Diced Carrots</li> <li>• Fresh Fruit Salad</li> </ul>
Week 3	3/11, 4/8, 5/6	3/12, 4/9, 5/7	3/13, 4/10, 5/8	3/14, 4/11, 5/9	3/15, 4/12, 5/10
	<b>Lunch</b> <ul style="list-style-type: none"> <li>• Chicken &amp; Herbs</li> <li>• Corn Flour Noodles</li> <li>• Green Beans &amp; Cauliflower</li> <li>• Fresh Apples</li> </ul>	<ul style="list-style-type: none"> <li>• Southwest Chicken White Rice Bowl</li> <li>• Peas &amp; Carrots</li> <li>• Fresh Bananas</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken In Salsa</li> <li>• Corn Tortillas</li> <li>• Broccoli &amp; Yellow Beans</li> <li>• Fresh Cantaloupe</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Fajitas</li> <li>• Corn Tortillas</li> <li>• 4 Veggie Blend</li> <li>• Fresh Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Roasted Chicken</li> <li>• Brown Rice</li> <li>• Green Beans</li> <li>• Diced Carrots</li> <li>• Fresh Fruit Salad</li> </ul>
Week 4	3/18, 4/15, 5/13	3/19, 4/16, 5/14	3/20, 4/17, 5/15	3/21, 4/18, 5/16	3/22, 4/19, 5/17
	<b>Lunch</b> <ul style="list-style-type: none"> <li>• Vegetarian Burrito Bowl</li> <li>• Corn Tortillas</li> <li>• Broccoli &amp; Yellow Beans</li> <li>• Fresh Apples</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Breast</li> <li>• Corn Tortillas</li> <li>• Green Beans &amp; Cauliflower</li> <li>• Fresh Bananas</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Chicken</li> <li>• Corn Flour Pasta</li> <li>• Peas &amp; Carrots</li> <li>• Fresh Honeydew</li> </ul>	<ul style="list-style-type: none"> <li>• Stir-Fry Chicken</li> <li>• Brown Rice</li> <li>• 4 Veggie Blend</li> <li>• Fresh Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Corn Flour Pasta</li> <li>• Roasted Chicken</li> <li>• Green Beans</li> <li>• Diced Carrots</li> <li>• Fresh Fruit Salad</li> </ul>