



# April 2012

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>2 <u>Breakfast:</u> Cereal Bowl OR Bagel &amp; Cream Cheese</p> <p><b>Orange Chicken</b> <b>Sticky Rice</b> <b>Carrots</b> <b>Banana</b></p>	<p>3 <u>Breakfast:</u> Cereal Bowl OR Cinnamon Roll</p> <p><b>Grilled Cheese Sandwich</b> <b>Tossed Salad</b> <b>Ranch Dressing</b> <b>Diced Pears</b></p>	<p>4 <u>Breakfast:</u> Cereal Bowl OR Cereal Bar &amp; String Cheese</p> <p><b>Chicken Nuggets</b> <b>Broccoli</b> <b>Applesauce</b> <b>Cornbread</b></p>	<p>5 <u>Breakfast:</u> Cereal Bowl OR Cheese Quesadilla</p> <p><b>Beef Tostada</b> <b>Cheese &amp; Lettuce</b> <b>Hip Hoppin Jelly Bean</b> <b>Italian Ice</b></p>	<p>6</p> <p><b>NO SCHOOL</b></p>	<p><b>Strawberry Banana Pancakes</b></p> <p>1 small banana, peeled 1 cuo complete pancake mix <math>\frac{1}{2}</math> cup water 1 <math>\frac{1}{2}</math> cups strawberries</p> <p><b>Preparation:</b> Place banana in medium bowl and mash with a fork into small pieces. Add pancake mix and water to the bowl with the banana. Stir. The batter will be sticky. Spray skillet with non stick cooking spray, and set on medium heat on stove top. Pour <math>\frac{1}{4}</math> cup batter for each pancake in hot skillet. Cook pancakes until they start to get small bubbles, flip pancakes with spatula. When done, top with fresh strawberries and serve.</p> <p><b>Nutritionals:</b> Calories 129 Sodium 183 mg Fiber 3 g Carbohydrates 29 g</p>
 <p><i>Spring Break</i></p> 					
<p>16 <u>Breakfast:</u> Cereal Bowl OR Bagel &amp; Cream Cheese</p> <p><b>Corn Dog</b> <b>Pinto Beans</b> <b>Peaches</b> <b>April Birthday Cookie</b></p>	<p>17 <u>Breakfast:</u> Cereal Bowl OR Cinnamon Roll</p> <p><b>Popcorn Chicken</b> <b>Diced Pears</b> <b>Baby Carrots</b></p>	<p>18 <u>Breakfast:</u> Cereal Bowl OR Cereal Bar &amp; String Cheese</p> <p><b>Hamburger on a Bun</b> <b>Lettuce &amp; Pickles</b> <b>Frozen Strawberry Cup</b> <b>Sunshine Bread</b></p>	<p>19 <u>Breakfast:</u> Cereal Bowl OR Breakfast Wrap</p> <p><b>Turkey Chili</b> <b>Oven Fries</b> <b>Green Beans</b> <b>Chocolate Chip Muffin</b></p>	<p>20 <u>Breakfast :</u> Cereal Bowl OR Cheese Skillet Omelet</p> <p><b>French Bread Cheese</b> <b>Pizza</b> <b>Tossed Salad</b> <b>Ranch Dressing</b> <b>Pears</b></p>	
<p>23 <u>Breakfast:</u> Cereal Bowl OR Bagel &amp; Cream Cheese</p> <p><b>Chicken Fajitas</b> <b>Flour Tortillas</b> <b>Lettuce &amp; Cheese</b> <b>Applesauce</b></p>	<p>24 <u>Breakfast:</u> Cereal Bowl OR Cinnamon Roll</p> <p><b>Cheese Pizza</b> <b>Green Beans</b> <b>Peaches</b> <b>Double Chocolate Muffin</b></p>	<p>25 <u>Breakfast:</u> Cereal Bowl OR Cereal Bar &amp; String Cheese</p> <p><b>Chicken Nuggets</b> <b>Tossed Salad</b> <b>Ranch Dressing</b> <b>Fresh Strawberries</b></p>	<p>26 <u>Breakfast:</u> Cereal Bowl OR Pancake &amp; Sausage Stick</p> <p><b>Pancake</b> <b>Sausage Links</b> <b>Tater Tots</b> <b>Orange Juice</b></p>	<p>27 <u>Breakfast:</u> Cereal Bowl OR Breakfast Burrito</p> <p><b>Mac &amp; Cheese</b> <b>Carrots</b> <b>Shape Up</b> <b>Chocolate Chip Cookies</b></p>	

# April 2012

Monday

Tuesday

Wednesday

Thursday

Friday

30 Breakfast: Cereal Bowl  
OR Bagel & Cream Cheese

Oven Roasted Chicken  
Corn on the Cob  
Diced Pears  
Dinner Roll



March				
M	T	W	TH	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

May				
M	T	W	TH	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

Total Fat 0 g  
Cholesterol 3 mg