

HOT BREAKFAST

APRIL 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Biscuit with turkey sausage, Pear, 1% milk	4 French toast sticks with maple syrup, Apple, 1% milk	5 Hash Brown, Scrambled Eggs with turkey, Clementine, 1% milk	6 Breakfast Burrito (Whole Wheat Tortilla) with turkey sausage, Orange, 1% milk	7 Egg & cheese croissant sandwich, Banana/Apple, 1% milk
10 Egg & cheese quesadilla (Whole Wheat) with salsa, Pear, 1% milk	11 Egg & cheese croissant sandwich, Apple, 1% milk	12 Pancakes with maple syrup, Clementine, 1% milk	13 Waffles with maple syrup, Orange, 1% milk	14 English Muffin with turkey and Cheese, Banana/Apple, 1% milk
17 NO SCHOOL	18 NO SCHOOL	19 NO SCHOOL	20 NO SCHOOL	21 NO SCHOOL
24 Biscuit with turkey sausage, Pear, 1% milk	25 Eggs and vegetables burrito (spinach, onions, peppers), Apple, 1% milk	26 Hash Brown, Scrambled Eggs with turkey, Clementine, 1% milk	27 Breakfast Burrito (Whole Wheat Tortilla) with turkey sausage, Orange, 1% milk	28 Egg & cheese croissant sandwich, Banana/Apple, 1% milk

Cold Breakfast

APRIL 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheerios whole-grain cereal, Pear, 1% milk	4 Mini bagel with strawberry cream cheese, Apple, 1% milk	5 Chocolate Chip muffin, Clementine, 1% milk	6 Cinnamon Toast Cereal, Orange, 1% milk	7 Blueberry muffin, Banana/Apple, 1% milk
10 Apple cinnamon/Banana Chocolate oatmeal cookie, Pear, and 1% milk	11 Trix Cereal, Apple, 1% milk	12 Chocolate Chip muffin, Clementine, 1% milk	13 Whole-wheat bagel with cream cheese Orange, 1% milk	14 Graham Honey Crackers and Yogurt Cup, Banana/Apple, 1% milk
17 NO SCHOOL	18 NO SCHOOL	19 NO SCHOOL	20 NO SCHOOL	21 NO SCHOOL
24 Chocolate Chip muffin, Pear, 1% milk	25 Graham Honey Crackers and Yogurt Cup, Apple, and 1% milk	26 Whole-wheat bagel with cream cheese, Clementine, 1% milk	27 Cheerios Whole Grain cereal, Orange, 1% milk	28 Blueberry muffin, Banana/Apple, 1% milk



Some cereals may be unavailable from our vendors at the time of delivery

DAIRY-FREE EGG-FREE BREAKFAST

APRIL 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Whole Wheat Bagel with Jelly (assorted flavors!), Pear, 1% milk	4 Egg** Burrito with Salsa (Whole Wheat), Apple, 1% milk	5 Dairy-Free Cereal, Clementine, 1% milk	6 Turkey Sausage in a Whole Wheat Bagel Sandwich, Orange, 1% milk	7 Dairy-Free Cereal, Banana/Apple, 1% milk
10 & 24 Breakfast Burrito (Whole Wheat Tortilla) with turkey sausage, (DF), Pear, 1% milk	11 & 25 Dairy-Free Cereal, Apple, 1% milk	12 & 26 Hash Brown, Scrambled Eggs** with turkey, (DF) Clementine, 1% milk	13 & 27 Dairy-Free Cereal Orange, 1% milk	14 & 28 Egg** in a Whole Wheat Bagel Sandwich, Banana/Apple, 1% milk

Dairy-Free Cereal Options to be sent are:

- Kix
- Cinnamon Toast
- Rice Krispies
- Trix
- Cheerios

**Plant Based Egg Substitute, Ingredients will be listed on the daily menus.



Hot Lunch Menu

APRIL 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Nuggets w/ Baked veggies(Potato, broccoli, carrots, squash) Whole Wheat Dinner Roll, Peach Cup , 1% milk.	4 Hot Dog Day!!!! Beef Sausage, Whole wheat Sub, potato tots, and carrots, Clementine Cup , 1% milk	5 Turkey meatball, whole wheat spaghetti pasta, green/yellow squash, Pineapple , 1% milk.	6 Pibil chicken wrap (Whole Wheat tortilla), roasted potato, Beets, Sweet Potato, Pear , 1% milk	7 Pizza day!!! Baby Carrots, Fresh Fruit , 1% milk
10 Aji chicken with yellow enriched rice and zucchini, Peach Cup , 1% milk	11 Burger Day!!! Patty, Cheese , Lettuce, Tomato, Whole Wheat bun, Clementine Cup , 1% milk	12 Cubano ground beef , enriched white rice, corn, Pineapple , 1% milk	13 Brazilian Grilled Chicken, Roasted Carrots, & Enriched Rice, Green Beans, Pear , 1% milk	14 Pizza day!!! Baby Carrots, Fresh Fruit , 1% milk
17 NO SCHOOL	18 NO SCHOOL	19 NO SCHOOL	20 NO SCHOOL	21 NO SCHOOL
24 BBQ chicken, white cheddar cheese sauce enriched pasta, broccoli, Peach Cup , 1% milk	25 Chayote ground beef, enriched red rice, corn, Clementine Cup , 1% milk	26 Turmeric chicken, Enriched peas, carrots rice, Pineapple , 1% milk	27 Nigerian roasted chicken with enriched Jollof rice, mixed vegetables and Pear , 1% milk	28 Pizza day!!! Baby Carrots, Fruit salad cup , 1% milk

Cold Lunch

APRIL 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Farm salad: Boiled eggs, lettuce, tomato, celery, red peppers, carrots, whole- wheat- dinner rolls, Italian dressing, Peach Cup , 1% milk.	4 Grilled Peruvian Chopped Chicken salad: lettuce, cucumber, corn, cherry, whole-wheat-dinner roll, Italian dressing, Clementine Cup , 1% milk.	5 Nigerian chicken wrap: Chicken breast, lettuce, baby carrots, whole-wheat tortilla, Pineapple , 1% milk.	6 Turkey cubes/Diced turkey with garden salad: Lettuce, carrots, cherry tomato, whole wheat dinner roll, Italian dressing, Pear , 1% milk	7 Chicken Caesar salad: Grilled chicken, lettuce, cherry tomatoes, Caesar Dressing, whole-wheat dinner roll, Fresh Fruit , 1% milk.
10 Chipotle Chicken Sandwich: Lettuce, Tomatoes, Whole Wheat Sub, Peach Cup , 1% milk.	11 Salvadorian Chicken wrap: Chicken, Cabbage, Carrots, whole wheat tortilla flour, Potato Sticks, Clementine Cup , 1% milk	12 Chicken Salad: Lettuce, Cherry Tomatoes, Carrots, Potato Sticks Pineapple , 1% milk	13 Grilled chicken with quinoa and sweet potato salad: chicken, sweet potatoes, red peppers, Spinach, orange dressing, Pear , 1% milk.	14 West Coast smoked turkey wrap:turkey breast, spinach, arugula, tomatoes, whole wheat-sub, Fresh Fruit , 1% milk
17 NO SCHOOL	18 NO SCHOOL	19 NO SCHOOL	20 NO SCHOOL	21 NO SCHOOL
24 Hummus and vegetables dip: Hummus, whole wheat flour tortilla, carrots, lettuce, cherry tomato, Peach Cup , 1% milk	25 Arabi Beef Sfira: Ground beef, whole wheat- flour, onions, cucumber, baby carrots, Clementine Cup , 1 % milk.	26 Turkey apricot wrap: Turkey breast, whole-wheat-flour tortilla, celery, apricot, carrots, Pineapple , 1% milk.	27 Roasted chicken torta: Whole wheat bun, chicken in red salsa, cabbage escabeche, beets, Pear , 1% milk.	28 Mexican Torta with refried beans: Mexican shred chicken, whole wheat- bun, lettuce, onions, tomato, Fruit Salad Cup , 1% milk.

Vegetarian Menu

APRIL 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Veggie chicken nuggets w/ Baked veggies(Potato, broccoli, carrots, squash) w/ dinner roll, Peach Cup, 1% milk	4 Vegetarian Sloppy Joe (vegetarian base), whole wheat sub, potato tots, fresh, carrots, Clementine Cup, 1% milk	5 Beyond Meat balls, whole wheat spaghetti pasta chef tomato sauce. Mixed Veggies, Pineapple Cup, 1% milk	6 Pibil Vegetarian base- Non-gmo - Soy Protein, Vegan, Vegetarian, paprika roasted potato, sweet potato, Pear, 1% milk	7 Pizza Day! Pita Dough, Vegan Cheese, Baby Carrots, Fresh Fruit 1% milk.
10 Cheese sticks, yellow enriched rice and Zucchini, Peach Cup, 1% milk	11 Burger Day!!! Veggie Burger Patty, Cheese, Lettuce, Tomato, Whole Wheat bun. Clementine Cup, 1% milk.	12 Refried beans topped with cheese , enriched white rice, corn, Pineapple Cup 1% milk	13 Black Beans, Sheared carrots, enriched white rice, green beans Pear, 1% milk	14 Pizza Day! Pita Dough, Vegan Cheese, Baby Carrots, Fresh Fruit 1% milk.
17 NO SCHOOL	18 NO SCHOOL	19 NO SCHOOL	20 NO SCHOOL	21 NO SCHOOL
24 White Mac & Cheese, enriched pasta, broccoli. Peach Cup 1% Milk	25 Caribbean Beans enriched red rice, corn Clementine Cup, 1% milk	26 Turmeric Plant-Based Chunks, Enriched peas, carrots rice, Pineapple Cup, 1% milk	27 Veggie Burger Wrap: whole-wheat to flour tortilla with mixed Veggies and Pear, 1% milk.	28 Pizza day! Pita dough, Vegan cheese, Baby Carrots, Fruit Salad Cup, 1% milk

Dairy Free Menu

APRIL 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Nuggets w/ Baked veggies(Potato, broccoli, carrots, squash)whole wheat dinner roll Peach Cup , Oat/Lactose-Free Milk.	4 Hot Dog Day!!!! Beef Sausage, whole wheat sub, potato tots, and carrots, Clementine Cup , Oat/Lactose-Free Milk	5 Turkey meatball, whole wheat spaghetti pasta, green/yellow squash, dinner roll Pineapple , Oat/Lactose-Free Milk.	6 Pibil chicken wrap (whole wheat tortilla), Paprika Roasted Potato, mixed with Sweet Potato, Pear , Oat/Lactose-Free Milk	7 Pizza Day!!! Pita Dough, Vegan Cheese, Baby Carrots, Fresh Fruit , Oat/Lactose-Free Milk
10 Aji chicken with yellow enriched rice and zucchini Peach Cup , Oat/Lactose-Free Milk	11 Burger Day!!! Patty, Cheese , Lettuce, Tomato, Whole Wheat bun, Clementine Cup , Oat/Lactose-Free Milk	12 Cubano ground beef, enriched white rice, corn, Pineapple , Oat/Lactose-Free Milk	13 Brazilian Grilled chicken, carrots enriched rice, green beans, Pear , Oat/Lactose-Free Milk	14 Pizza Day!!! Pita Dough, Vegan Cheese, Baby Carrots, Fresh Fruit , Oat/Lactose-Free Milk
17 NO SCHOOL	18 NO SCHOOL	19 NO SCHOOL	20 NO SCHOOL	21 NO SCHOOL
24 BBQ chicken, vegan cheese sauce enriched pasta, broccoli, Peach Cup , Oat/Lactose-Free Milk	25 Chayote ground beef, enriched red rice, corn, Clementine Cup , Oat/Lactose-Free Milk	26 Turmeric chicken, Enriched peas, carrots rice, Pineapple , Oat/Lactose-Free Milk	27 Nigerian roasted chicken with enriched Jollof rice, mixed vegetables and Pear , Oat/Lactose-Free Milk	28 Pizza Day!!! Pita Dough, Vegan Cheese, Baby Carrots, Fruit Salad Cup , Oat/Lactose-Free Milk