



**Monday, April 19**  
**Breakfast**  
 Mini Pancakes  
 Banana  
  
**Lunch**  
 Macaroni and Cheese  
 Spring Peas  
 Tomato Wedges  
 Pears

**Tuesday, April 20**  
**Breakfast**  
 Sausage Biscuit  
 Mixed Fruit  
  
**Lunch**  
 Meatball Sandwich  
 Green Beans,  
 Celery Sticks  
 Grapes

**Wed April 21**  
**Breakfast**  
 Breakfast Sandwich  
 Apple Slices  
  
**Lunch**  
 Hamburger/  
 Cheeseburger  
 Baked Fries  
 Lettuce Tomato,  
 Pickles  
 Apple Slices

**Thursday, April 22**  
**Breakfast**  
 Benefit Bar  
 Pears  
  
**Lunch**  
 Grilled Cheese  
 Cup of Soup  
 Goldfish Crackers  
 Veggie Cup  
 Applesauce

**Friday, April 23**  
**Breakfast**  
 Freshly Baked Muffin  
 Peaches  
  
**Lunch**  
 Pepperoni or Cheese Pizza  
 Veggie Boat  
 Roasted Cauliflower  
 Strawberry Cup



**Monday, April 26**  
**Breakfast**  
 Mini Pancakes  
 Banana  
  
**Lunch**  
 Popcorn Chicken  
 Mashed Potatoes  
 Corn, Baby Carrots  
 Mixed Fruit

**Tuesday, April 27**  
**Breakfast**  
 Sausage Biscuit  
 Mixed Fruit  
  
**Lunch**  
 Pulled Pork Sandwich  
 Sweet Potato Fries  
 Coleslaw  
 Grapes

**Wednesday, April 28**  
**Breakfast**  
 Egg Sandwich  
 Apple Slices  
  
**Lunch**  
 Sloppy Joes  
 Baked Beans  
 Baby Carrots  
 Pineapple

**Thursday, April 29**  
**Breakfast**  
 Breakfast Bar  
 Pears  
  
**Lunch**  
 Fried Rice W/ Egg Roll  
 Broccoli,  
 Cucumber Coins  
 Pineapple

**Friday, April 30**  
**Breakfast**  
 Freshly Baked Muffin  
 Peaches  
  
**Lunch**  
 Galaxy Pizza  
 Mixed Vegetables  
 Veggie Boat  
 Orange Wedges

**Q: What do you call two banana peels?**



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**DON'T 4 GET!**  
 To make a lunch, choose at least one  
**Fruit/Juice** or **Veggie**  
 and 3-5 items total  
**Grains** **Milk** **Protein** **Vegetables**