

What's For Lunch & Snack?

EFCCA



All Meals Include:
Milk & Whole Wheat Bread or Whole Grain Rice/Pasta
All Snacks Include:
100 % Fruit Juice or Water

APRIL 2022



				<p>1</p> <p>Baked Fish Nuggets Macaroni w/cheese Whole Wheat Bread Chef's Choice Fruit</p> <p>Snack: Pretzels</p>
<p>4</p> <p>BBQ Meatballs Broccoli Whole Grain Rice Chef's Choice Fruit</p> <p>Snack: Whole Grain Cheese-Its Crackers</p>	<p>5</p> <p>Chicken Fried Rice Corn Whole Grain Rice Chef's Choice Fruit</p> <p>Snack: Whole Grain Graham Fish Cookies</p>	<p>6</p> <p>Spaghetti w/Meat Marinara Sauce Green Beans Whole Wheat Bread Chef's Choice Fruit</p> <p>Snack: Pretzels</p>	<p>7</p> <p>Chicken Sandwich Baked Potato Tots Whole Wheat Bread Chef's Choice Fruit</p> <p>Snack: Whole Grain Cheese Gold Fish Cracker</p>	<p>8</p> <p>Hot Dogs Baked Beans Whole Wheat Bread Chef's Choice Fruit</p> <p>Snack: Whole Grain Animal Crackers</p>
<p>11</p> <p>Cheeseburger Sandwich Baked French Fries Whole Wheat Bread Chef's Choice Fruit</p> <p>Snack: Pretzels</p>	<p>12</p> <p>Turkey & Cheese Melt Baked Potato Tots Whole Wheat Bread Chef's Choice Fruit</p> <p>Snack: Whole Grain Cheese-Its Crackers</p>	<p>13</p> <p>Meatloaf w/gravy Green Peas Whole Grain Rice Chef's Choice Fruit</p> <p>Snack: Whole Grain Graham Fish Cookies</p>	<p>14</p> <p>Baked BBQ Chicken Broccoli Whole Grain Rice Chef's Choice Fruit</p> <p>Snack: Whole Grain Cheese Gold Fish Cracker</p>	
<p>18</p> <p><i>12pm Dismissal</i></p> <p>Baked Chicken Nuggets Corn Whole Wheat Bread Chef's Choice Fruit</p> <p>Snack: Whole Grain Animal Crackers</p>	<p>19</p> <p>Cheese Ravioli w/Marinara Sauce Green Beans Whole Wheat Bread Chef's Choice Fruit</p> <p>Snack: Pretzels</p>	<p>20</p> <p>Grilled Cheese Baked French Fries Whole Wheat Bread Chef's Choice Fruit</p> <p>Snack: Whole Grain Cheese-Its Crackers</p>	<p>21</p> <p>Baked Fish Nuggets Baked Beans Whole Wheat Bread Chef's Choice Fruit</p> <p>Snack: Whole Grain Graham Fish Cookies</p>	<p>22</p> <p>Chicken Fried Rice Green Peas Whole Grain Rice Chef's Choice Fruit</p> <p>Snack: Whole Grain Cheese Gold Fish Cracker</p>
<p>25</p> <p>Macaroni w/Meat Marinara Sauce Green Beans Whole Grain Pasta Chef's Choice Fruit</p> <p>Snack: Pretzels</p>	<p>26</p> <p>Hot Dogs Baked Beans Whole Wheat Bread Chef's Choice Fruit</p> <p>Snack: Whole Grain Cheese-Its Crackers</p>	<p>27</p> <p>Baked Chicken w/gravy Green Peas Whole Grain Rice Chef's Choice Fruit</p> <p>Snack: Whole Grain Graham Fish Cookies</p>	<p>28</p> <p>Pizza w/Extra Cheese Tossed Salad Whole Wheat Bread Chef's Choice Fruit</p> <p>Snack: Whole Grain Cheese Gold Fish Cracker</p>	<p>29</p> <p>Baked Chicken Nuggets Baked French Fries Whole Wheat Bread Chef's Choice Fruit</p> <p>Snack: Whole Grain Animal Crackers</p>

What's For Breakfast?

EFCCA

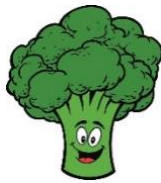


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APRIL 2022



Monday



Tuesday



Wednesday



Thursday




Friday



				1 Cheerios Chef's Choice Fruit
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4 Cream of Wheat Turkey Sausage links Chef's Choice Fruit	5 Whole Grain Waffles Scrambled Eggs Chef's Choice Fruit	6 Oatmeal Chef's Choice Fruit	7 Whole Grain French Toast Sticks Turkey Sausage Patties Chef's Choice Fruit	8 Chex Chef's Choice Fruit
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11 Oatmeal Chef's Choice Fruit	12 Whole Grain Pancakes Turkey Sausage Links Chef's Choice Fruit	13 Cream of Wheat Chef's Choice Fruit	14 Whole Grain Waffles Scrambled Cheese Egg Chef's Choice Fruit	15 
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18 <i>12pm Dismissal</i> Cream of Wheat Turkey Sausage Links Chef's Choice Fruit	19 Whole Grain French Toast Sticks Scrambled Eggs Chef's Choice Fruit	20 Oatmeal Chef's Choice Fruit	21 Whole Grain Pancakes Turkey Sausage Patties Chef's Choice Fruit	22 Cheerios Chef's Choice Fruit
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25 Oatmeal Chef's Choice Fruit	26 Whole Grain Waffles Turkey Sausage Links Chef's Choice Fruit	27 Cream of Wheat Chef's Choice Fruit	28 Whole Grain French Toast Sticks Scrambled Cheese Eggs Chef's Choice Fruit	29 Corn Flake Chef's Choice Fruit
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