



HEALTHY LIVING PROGRAM

	April 19, 2010	April 20, 2010	April 21, 2010	April 22, 2010	April 23, 2010
	Mix-It Monday	Tasty Tuesday	Worldly Wednesday	Thirsty Thursday	Fresh-It-Up Freaky Friday
Morning Snack	Muffin Monday Raspberry Jam Earth Balance Spread	Cinnamon Applesauce Shredded wheat cubes to dip	Yogurt seasonal berries cinnamon + honey	Orange Juice Pomegranate Juice Corn Flakes	Banana Rollups tortilla, banana almond butter
Family Style Hot Lunch	Pepperoni Pizza Pocket Green Beans Peaches Milk Vegetarian Supplement Cheese Sticks	Grilled Cheese Sandwich Mixed Veggies Bananas Milk Vegetarian Supplement Grilled Cheese Sandwich	Spaghetti w/ Meat Sauce Green Salad w/ FF Ranch Apple Milk Vegetarian Supplement Spaghetti w/ no Meat Sauce	Tacos: Soft Tortilla Beef, Cheese, Lettuce Pears Milk Vegetarian Supplement Tacos: Soft Tortilla Pinto Beans, Cheese, Lettuce	Ham and Cheese Sandwich Cole Slaw Fruit Cocktail Milk Vegetarian Supplement Egg Salad Sandwich
Afternoon Snack	Cabbage Leaf Peanut Butter Spread	Banana Slices rolled in Granola	Thin Orange Slices Whole Grain Cracker	Cucumber boats w/ pimento cheese spread	Yogurt Grape Nuts, raisins, bananas

	April 26, 2010	April 27, 2010	April 28, 2010	April 29, 2010	April 30, 2010
	Mix-It Monday	Tasty Tuesday	Worldly Wednesday	Thirsty Thursday	Fresh-It-Up Freaky Friday
Morning Snack	Graham Cracker Sticks Applesauce for dipping	Apples Faces Peanut Butter raisins	Apple Butter + Cream Cheese Whole Wheat Bread	Rye Krisp Multigrain Cracker String Cheese	Ants on a Log Celery spread w/ peanut butter & raisins
Family Style Hot Lunch	Sloppy Joe on a Bun Tator Tots Apple Milk Vegetarian Supplement Pinto Beans w/ soft Tortilla	Teriyaki Chicken w/ mixed veggies Rice Orange Slices Milk Vegetarian Supplement Rice w/ mixed veggies	Bean + Cheese Burrito Corn Peaches Milk Vegetarian Supplement Bean + Cheese Burrito	Chicken Rings w/ slice WW Bread Peas Fruit Cocktail Vegetarian Supplement Pita Pocket w/ shredded cheese	Balogna Sandwich Tiny Carrots Banana Vegetarian Supplement Tomato and Cheese Sandwich
Afternoon Snack	Broccoli Florettes Ranch Dressing	Cantaloupe Slices Whole Grain Cracker	Jicama Slices Whole Wheat Bread	Apple Slices + Raisins Peanut Butter Spread	Sugar Snap Peas Ranch Dressing

FOOD Note (Foot Notes): Mixed Veggies contains: peas, carrots, corn, green beans Fruit Cocktail contains: pears, green grapes, peaches, pineapple in light syrup

In the operation of the child feeding programs, no child will be discriminated against because of race, sex, color, national origin, age, or handicap.

This institution is an equal opportunity provider and employer.