



HEALTHY LIVING PROGRAM

	April 5, 2010	April 6, 2010	April 7, 2010	April 8, 2010	April 9, 2010
	Mix-It Monday	Tasty Tuesday	Worldly Wednesday	Thirsty Thursday	Fresh-It-Up Freaky Friday
Morning Snack	Banana Slices Whole Grain Cheerios	Cantaloupe Slices Whole Grain Cracker	Jicama Slices w/ Ranch Whole Wheat Cracker	Apple Slices + Raisins Peanut Butter Spread	Mandarin Orange Slices Yogurt
Family Style Hot Lunch	Chicken Patty on a Bun Corn Pears Milk Vegetarian Supplement Bean and Cheese Burrito	Mac 'N Cheese w/ cubed ham Tiny Carrots Peaches Milk Vegetarian Supplement Mac 'N Cheese w/no cubed ham	Grilled Chicken on a Bun Peas Pineapple Milk Vegetarian Supplement Cheese Sticks	Fish Sticks Mashed Potatoes Banana Milk Vegetarian Supplement Fish Sticks	Turkey & Cheese Sandwich Celery Sticks w/ FF Ranch Apple Milk Vegetarian Supplement 2 Cheese Sandwich
Afternoon Snack	Grapes and Graham Cracker	Green Pepper slices Ranch Dressing	Thin Orange Slices Whole Grain Cracker	Julienne Carrots Ranch Dressing	Cabbage Leaf Peanut Butter Spread

	April 12, 2010	April 13, 2010	April 14, 2010	April 15, 2010	April 16, 2010
	Mix-It Monday	Tasty Tuesday	Worldly Wednesday	Thirsty Thursday	Fresh-It-Up Freaky Friday
Morning Snack	Bananas rolled in granola	Fruit Kebobs Yogurt w/ honey	Tortilla Roll-up Brown Rice shelled edamame	Fresh Lemonade w/ garden grown mint leaves w/ cantaloupe	Cucumber Faces tahini and olives
Family Style Hot Lunch	Chicken Nuggets w/ W Wh Bread Mashed Potatoes Peaches Milk Vegetarian Supplement Pita Pocket w/ Shredded Cheese	Hamburger on a Bun Mixed Veggies Fruit Cocktail Milk Vegetarian Supplement Garden Burger on a Bun	Rotelle Pasta w/ meat sauce Potato Salad Pears Milk Vegetarian Supplement Rotelle Pasta w/ no meat sauce	BBQ Chicken on a Bun Tator Tots Orange Slices Vegetarian Supplement Bean and Cheese Burrito	Tuna Salad Sandwich Tiny Carrots Banana Vegetarian Supplement Tuna Salad Sandwich
Afternoon Snack	Whole Wheat Crackers Squirt American Cheese	Thin Orange Slices Whole Grain Cracker	Julienne Carrots Ranch Dressing	Graham Cracker Cream Cheese + Apple Butter Spread	Apple Slices Peanut Butter Spread

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.