



April 2019



Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">1</p> <p><u>Breakfast</u> 1/2 cup Cantaloupe 1/2 Slice of French Toast w/ Fruit Spread, 3/4 cup Nonfat milk/ Lactaid, or Soy</p> <p><u>Lunch</u> Macaroni and Cheese: 1 1/2 oz. lean hamburger, whole wheat macaroni, sprinkled Jack Cheese and fresh spinach, 1/4 cup Yellow Squash, 1/4 cup Oranges, 3/4 cup Nonfat milk/ Lactaid, or Soy</p> <p><u>Snack</u> 1/2 cup of Fresh Sliced Apples 1/2 serving of Wheat Thins crackers</p>	<p style="text-align: right;">2</p> <p><u>Breakfast</u> 1/2 cup fresh sliced apples 1/4 cup Cooked Oatmeal 3/4 cup Nonfat Milk / Lactaid, or Soy</p> <p><u>Lunch</u> 1 1/2 oz. Fish Fillet served with fresh lemon slices, 1/4 cup Peach Halves, 1/4 cup Fresh Green Beans, 1/2 serving whole wheat pasta mixed with cherry tomatoes and celery (Shells) 3/4 nonfat milk/Lactaid, or Soy</p> <p><u>Snack</u> Serving of Rice Cake and 1/2 cup honey dew melon</p>	<p style="text-align: right;">3</p> <p><u>Breakfast</u> 1/2 cup fresh grapes, 1 Blueberry Muffin, 3/4 cup Nonfat milk / Lactaid, or Soy</p> <p><u>Lunch</u> Chicken Stir fry (1 1/2 oz. cooked lean chicken, 1/4 cup fresh vegetables: broccoli, cauliflower, snow peas) 1/4 cup canned Mandarin Oranges, 1/4 cup brown rice 3/4 cup Nonfat milk /Lactaid, or Soy</p> <p><u>Snack</u> 1/2 cup serving of fresh strawberries in Jell-O, topped with 2 oz. Nonfat vanilla yogurt</p>	<p style="text-align: right;">4</p> <p><u>Breakfast</u> 1/2 cup Fresh Strawberries Serving of Cheese Quesadilla w/ potatoes and sausage 3/4 cup Nonfat milk /Lactaid, or Soy</p> <p><u>Lunch</u> 1/2 cup chili con carne (1 1/2 oz. cooked lean ground turkey), 1/4 cup zucchini, 1/2 oz. wheat crackers (4 crackers), 1/4 cup fresh apple slices, 3/4 cup nonfat milk/ Lactaid, or Soy</p> <p><u>Snack</u> 1/2 cup zucchini sticks-4 each 1/2 oz. String Cheese</p>	<p style="text-align: center; font-size: 2em;">Staff Development Day</p> <p style="text-align: center; font-size: 1.5em;"><u>NO SCHOOL</u></p> <p style="text-align: center;">Planning for 2019-2020 School Year</p>
<p style="text-align: right;">8</p> <p><u>Breakfast</u> 1/2 cup fresh Cantaloupe 1/4 Cup of Quinoa and scrambled eggs with diced sweet potatoes, 3/4 Nonfat milk / Lactaid, or Soy</p> <p><u>Lunch</u> 1 1/2 oz. oven baked chicken, 1/4 cup steamed broccoli, 1/2 slice of whole wheat bread 1/4 cup of canned pears, 3/4 cup Nonfat milk / Lactaid, or Soy</p> <p><u>Snack</u> 1/2 cup of sliced apples 2 oz. of non-fat yogurt</p>	<p style="text-align: right;">9</p> <p><u>Breakfast</u> 1/2 cup fresh raspberries & Blackberries, 1/4 cup of Cream of Wheat 1 tsp brown sugar, 3/4 Nonfat milk / Lactaid, or Soy</p> <p><u>Lunch</u> Chicken Enchiladas: (1 oz. shredded chicken, 1/2 cheddar and jack cheese, olive and onions, mild green chili sauce) 1 small whole wheat tortillas, 1/4 cup corn and carrots 1/2 cup of canned Mandarins oranges 3/4 cup Nonfat milk / Lactaid, or Soy</p> <p><u>Snack</u> 1/2 oz. string cheese Serving of Wheat Thins crackers</p>	<p style="text-align: right;">10</p> <p><u>Breakfast</u> 1/2 cup fresh strawberries 1/2 whole wheat toast w/scrambled eggs; 3/4 cup Nonfat milk / Lactaid, or Soy</p> <p><u>Lunch</u> Turkey Burger 1 1/2 oz. meat, 1/4 cup of romaine lettuce and tomato 1/2 serving whole wheat bun 1/4 cup zucchini , 1/4 cup blueberries, 3/4 cup Nonfat milk / Lactaid or Soy</p> <p><u>Snack</u> 1 Soft Pretzel 1/2 cup Nonfat milk / Lactaid or Soy</p>	<p style="text-align: right;">11</p> <p><u>Breakfast</u> 1/2 cup Banana 1/3 cup Cheerios 3/4 cup Nonfat milk /Lactaid, or Soy</p> <p><u>Lunch</u> 1 1/2 oz. water packed tuna with 1 tsp light mayonnaise 1/4 cup lightly steamed carrots 1/4 cup pineapple tidbits 1/2 serving whole bread 3/4 cup Nonfat milk / Lactaid, or Soy</p> <p><u>Snack</u> 1/2 oz. cubed cheese 1/2 cup of fresh blueberries</p>	<p style="text-align: right;">12</p> <p><u>Breakfast</u> 1/2 cup Fresh Fruit Cup: grapes, cantaloupe, strawberries Whole Wheat English Muffin 3/4 cup Nonfat milk / Lactaid, or Soy</p> <p><u>Lunch</u> Spaghetti sauce over brown rice 1 1/2 oz. lean beef 1/4 cup of fresh cauliflower 1/4 cup canned applesauce 3/4 cup Nonfat milk / Lactaid, or Soy</p> <p><u>Snack</u> 1/2 oz. whole grain crackers (4 crackers) (Ritz) 1/2 cup of Nonfat milk / Lactaid, or Soy</p>

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<p style="text-align: right;">15</p> <p><u>Breakfast</u> 1/2 cup of Watermelon chunks 1/4 cup cooked oatmeal 1/2 teaspoon of brown sugar 3/4 cup nonfat milk/ Lactaid, or Soy</p> <p><u>Lunch</u> Peanut butter and Fruit Spread Sandwich: 1 Slice whole wheat bread, 3 tbsp. peanut butter 1 1/2 tbsp, 1/4 cup fresh pineapple, 1/4 cup mandarin oranges , 3/4 cup non-fat milk / Lactaid</p> <p><u>Snack</u> 1/2 oz. sliced cheddar cheese 1/2 serving of rice cakes</p>	<p style="text-align: right;">16</p> <p><u>Breakfast</u> 1/2 cup fresh Bananas, 1/2 slice whole wheat French Toast; 3/4 cup nonfat milk / Lactaid, or Soy</p> <p><u>Lunch</u> Taco Salad: (1/2 shredded romaine; 1/4 diced tomato; 1 oz. lean beef; 1/2 oz. shredded Mexican cheese; 1/4 Kidney Beans), 1/4 cup of zucchini. 1/4 Cup of Canned Pears , 1/2 serving of Corn Tortilla Chips 3/4 nonfat milk / Lactaid, or Soy</p> <p><u>Snack</u> Mouse Tail Snack: (string cheese, strawberries, cream cheese, sunflower seeds</p>	<p style="text-align: right;">17</p> <p><u>Breakfast</u> 1/2 cup Fresh Apples 1/2 slice of whole wheat bagel and tsp of cream cheese, 3/4 cup nonfat milk/ Lactaid, or Soy</p> <p><u>Lunch</u> 1/4 cup cooked whole wheat pasta , 1 1/2 oz. lean ground turkey , tomato sauce; 1/4 cup Kale salad mix, with 1 Tbsp. shredded carrots ; 1 Tbsp. low fat salad dressing 1/2 cup fresh oranges sections, 3/4 cup nonfat milk/ Lactaid, or Soy</p> <p><u>Snack</u> 1/2 cup canned peaches in Jell-O, topped with 2 oz. low fat vanilla yogurt</p>	<p style="text-align: right;">18</p> <p><u>Breakfast</u> 1/2 cup mixed berries 1/2 slice whole wheat waffles, 3/4 cup nonfat milk/Lactaid, or Soy</p> <p><u>Lunch</u> 1/2 Submarine Sandwich (1/2 oz. lean ham, 1/2 oz. lean turkey, 1/2 oz. lean cheese on a whole wheat hot dog bun, 1/4 cup romaine lettuce and tomato, 1/4 cup fresh honey dew , 3/4 nonfat milk/Lactaid, or Soy</p> <p><u>Snack</u> 1/2 serving of trail mix (pine-nuts, sliced almonds raisins, and dried cranberries) 1/2 cup of nonfat milk/ Lactaid, or Soy</p>	<p style="text-align: right;">19</p> <p><u>Breakfast</u> 1/2 cup Fresh Oranges Breakfast Jack (3/4 egg, 1/2 oz. cheese and 1/2 whole wheat bun) 3/4 cup Nonfat milk /Lactaid, or Soy</p> <p><u>Lunch</u> Hamburger soup (1 1/2 oz. of lean ground beef, 1/2 cup of potatoes, 1/8 carrots, 1/8 squash)1/4 cup fresh pineapple 1/2 serving of goldfish wheat bread, 3/4 cup nonfat milk/ Lactaid or Soy</p> <p>1/2 day– Staff Development: Continue Planning for 2019-2020.</p>
<p style="text-align: right;">22</p> <p style="text-align: center;"><u>BIHS-School</u> <u>Closed</u></p> <p style="text-align: center;">Earth Day</p> 	<p style="text-align: right;">23</p> <p><u>Breakfast</u> 1/2 cup Applesauce 1/2 slice whole wheat Pita with 1 oz. scrambled eggs 3/4 cup Nonfat milk/ Lactaid, or Soy</p> <p><u>Lunch</u> French Bread pizza with 1 oz.. mozzarella cheese ; 1/2 oz. lean hamburger, and pizza sauce, 1/2 cup steamed green beans and carrots 1/4 cup pear halves, 3/4 cup Nonfat milk / Lactaid or Soy</p> <p><u>Snack</u> Vegetable flowers: (cherry tomato, sugar snap peas, and carrots 1 serving of whole wheat Ritz</p>	<p style="text-align: right;">24</p> <p><u>Breakfast</u> 1/2 cup Diced Peaches 1/2 Slice of French Toast w/ Fruit Spread; 3/4 cup nonfat, soy or Lactaid milk</p> <p><u>Lunch</u> Toasted Whole Wheat Tuna Sandwich: 1/1/2 oz. of tuna, Romaine lettuce, 1/4 cup Winter Squash, 1/4 cup sliced oranges 3/4 cup nonfat, soy or Lactaid milk</p> <p><u>Snack</u> 1/3 of Rice Chex of Cereal 1/2 cup nonfat, soy or Lactaid milk</p>	<p style="text-align: right;">25</p> <p><u>Breakfast</u> 1/2 cup canned pears 1/2 slice of whole wheat quesadilla and turkey sausage and eggs, sprinkled with jack cheese with side of salsa 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Lunch</u> Beef and Barley Soup and 1 1/2 oz. cubed beef with 1/4 cup of cooked barley, carrots and peas ; 1/4 cup kale salad, 1 pear, 1/2 serving of cornbread; 3/4 cup Nonfat milk/Lactaid/Soy</p> <p><u>Snack</u> 1 whole wheat rice cake, 2 oz. cream cheese and 1/2 cup Nonfat milk/Lactaid/Soy</p>	<p style="text-align: right;">26</p> <p><u>Breakfast</u> 1/2 cup apple sauce 1/2 slice Waffles with a blended fruit spread, 3/4 cup nonfat milk / Lactaid or soy milk</p> <p><u>Lunch</u> Asian Chicken Salad: 1 1/2 oz. chicken, 1/4 cup mixed dark greens with peas and celery, 1/4 cup canned mandarin oranges 1/4 of Brown Rice, 3/4 cup nonfat milk / Lactaid or soy milk</p> <p><u>Snack</u> 1/2 cup of sliced grapes 1/2 serving of Triscuits</p>
<p style="text-align: right;">29</p> <p><u>Breakfast</u> 1/2 cup fresh blueberries 1/2 whole wheat quesadilla with melted Monterey Jack Cheese, 3/4 cup nonfat milk / Lactaid or soy milk</p> <p><u>Lunch</u> Roasted Turkey: 1 1/2oz lean turkey, 1/4 cup of mashed potatoes, 1/4 cup of green beans, 1/4 cup of apple cranberry sauce, 1/2 serving of whole wheat bread, 3/4 cup nonfat milk / Lactaid or soy milk</p> <p><u>Snack</u> 1/2 serving of whole wheat tortilla chips with a side of mild salsa and 1/2 cup nonfat, soy or Lactaid milk</p>	<p style="text-align: right;">30</p> <p><u>Breakfast</u> 1/2 cup fresh sliced oranges 1/2 whole wheat toast with a side of Cream of Wheat, 3/4 cup nonfat milk / Lactaid or soy milk</p> <p><u>Lunch</u> Chopper's World Famous Meatloaf: 1 1/2oz ground lean beef, 1/4 cup of sweet potato logs, 1/4 cup of fruit cocktail, 1/2 serving of whole wheat roll, 3/4 cup nonfat milk / Lactaid or soy milk</p> <p><u>Snack</u> 1 blueberry muffin and 1/2 cup nonfat, soy or Lactaid milk</p>	<p style="text-align: center;">The Vegetable Song (Tune: "Twinkle, Twinkle Little Star")</p> <p style="text-align: center;">Carrots, Peas, and Broccoli, Vegetables are good for me.</p> <p style="text-align: center;">For my snack and in my lunch, Veggie sticks are great to munch.</p> <p style="text-align: center;">Carrots, Peas, and Broccoli, Vegetables are good for me.</p>	<p style="text-align: center;">Please inform Mandy or Susie of your child's dietary restrictions. For those who have allergies, alternatives are available.</p> <p style="text-align: center;">Lactaid and Soy milk are available for those with lactose intolerance or dietary allergy.</p>	<p style="text-align: center;">Paya is available at all times.</p> 