

April 2025 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
	B: ½ slice WW bread, ¼ C Egg, 2 T maple syrup, ½ C Fruit Salad, ¾ C Skim Milk S: 1 tbsp peanut butter, ½ cup banana smoothie L: Chili with 1 ½ oz ground turkey & kidney beans, ½ oz cornbread muffin, ¼ green beans, ¼ c fruit cocktail, ¾ c skim milk S: ½ oz cheese stick & 4 Ritz crackers Turkey Chili w/ Cornbread	B: 1 pancake, ½ c berries, ¾ c skim milk S: 1 tbsp peanut butter & ½ c apples L: 2 oz chicken w/ onion, mix bells and celery, ½ slice tortilla, ¼ c mandarin orange, ¾ c skim milk S: 4 soda crackers & ½ c apples Chicken Fajita Wraps	B: ½ slice bagel, cream cheese & ½ c applesauce S: ¼ c hummus w/ 2 carrot sticks L: 1 ½ oz Beef Meatballs, ½ oz mashed potato with 2 T Brown Gravy, ¼ c corn, ¼ c Fresh Fruit, ¾ c skim milk S: 26 goldfish and ½ oz cheese stick Meatballs and Gravy	B: ½ c Special K cereal, ½ c bananas, ¾ c skim milk S: 1/8 c bean dip & 6 wheat thins L: 1 ½ oz Tuna on roll w/ 1 oz cheese, ¼ c lettuce and tomato, ¼ c fruit cocktail, ¾ c skim milk S: 1 Fig Bar ½ c apple juice Tuna Sandwich
7	8	9	10	11
B: ½ slice English muffin with scrambled eggs, ½ c shredded cheese S: ½ c Celery & 1 tbsp peanut butter L: Bean Burrito on a WW tortilla w/ 1oz refried beans, ¼ c cheese, 1/8 c lettuce, 1/8 c tomato, ¼ C Fruit Cocktail, ¾ c skim milk S: 4 Ritz Crackers w ½ oz string cheese Bean Burrito	B: ½ slice WW bread, ¼ C Egg, 2 T maple syrup, ½ C Fruit Salad, ¾ C Skim Milk S: ½ c fruit smoothie & 26 goldfish L: 1 ½ oz Teriyaki Turkey meatballs, ½ oz mashed potato ¼ c corn, ¼ c peaches, ¾ c skim milk S: 4 soda crackers & ½ oz cheese squares Turkey Meatballs	B: 1 pancake, ½ c mixed fruit ¾ c skim milk S: 8 pretzel & ½ c apple juice L: Pesto 1 ½ oz chicken, ½ oz pasta, ¼ c peas & tomato, ¼ c tropical fruit, ¾ c skim milk S: ½ c Cheerios and ½ banana Pesto Chicken	B: ½ slice bagel, cream cheese & ½ c fruit cocktail, ¾ c skim milk S: ½ oz cheese and ½ slice WW bread L: 1 ½ oz hot dog, ½ oz pork & bean, ½oz hapa rice, ¼ c corn, ¼ c fruit cocktail, ¾ c skim milk S: 1 Nature Valley bar Beenie Weenie	B: ¾ c Honey bunches of oats cereal, ½ c berries, ¾ c skim milk S: 4 square soda crackers & ½ c honeydew melon L: ½ bread, 1 tbsp peanut butter & jelly sandwich, ¼ c carrot sticks, 1 oz cheese stick, ¼ c mandarin oranges, ¾ c skim milk S: 1 fig bar PB & J
14	15	16	17	18
B: ½ slice toast w scrambled eggs, ½ c oranges, ¾ c skim milk S: ¼ c hummus w/ 6 pita chips L: Tuscan Grilled Cheese sandwich on ½ slice ww bread w/ 1oz cheese, ½ oz pesto, slice tomato, ¼ c mandarin orange, ¾ c skim milk S: 1 Blueberry muffin Grilled Cheese	B: French Toast, maple syrup, fruit salad and Skim Milk S: fruit smoothie and Cheez its L: Chicken, WW Tortilla, cheddar/jack cheese blend, Fruit Salad, Skim Milk S: cheese stick and Graham cracker Chicken Quesadilla	B: 1 pancake, ½ c berries, ¾ c skim milk S: ¼ slice tortilla, ¼ c ham, 1/8 c cheese L: 1 ½ oz Ground Beef, 1 ½ oz whole grain pasta, ½ oz Cheese, ¼ C onions, bell peppers, ¼ C Fruit Salad, ¾ C Skim Milk S: 8 pretzels and 1 tbsp peanut butter Spaghetti	B: ½ slice bagel, cream cheese & ½ c applesauce S: ¼ c hummus w/ 6 pita chips L: 1 ½ oz ground beef, w/ bell pepper, onion, and celery on a ww bun, ¼ c cheese, ¼ c fresh fruit, ¾ c skim milk S: 4 Ritz crackers, assorted ½ oz cheese squares Sloppy Joes	NO SCHOOL Good Friday
21	22	23	24	25
B: ½ slice toast w scrambled eggs, ½ c fresh fruit, ¾ c skim milk S: 8 pretzels & ½ apple juice L: 1 ½ oz Tuna on roll w/ 1 oz cheese, ¼ c lettuce, 5 carrot sticks, ¼ c fruit cocktail, ¾ c skim milk S: ½ oz cheese stick & 4 Ritz crackers Tuna Sandwich	B: ½ slice WW bread, ¼ C Egg, 2 T maple syrup, ½ C Fruit Salad, ¾ C Skim Milk S: 1 tbsp peanut butter, ½ cup banana smoothie L: 1 ½ oz Ground Beef, ½ oz Elbow Macaroni, ¼ C Bell Pepper, ½ oz Tomato Sauce, ¼ C Fresh Fruit, ¾ C Skim Milk S: ½ c applesauce & 4 soda crackers Chili MAC	B: ½ slice bagel, cream cheese & ½ c fruit cocktail, ¾ c skim milk S: ½ oz cheese and ½ slice WW bread L: 1 ½ oz hot dog, ½ oz pork & bean, ½oz hapa rice, ¼ c corn, ¼ c fruit cocktail, ¾ c skim milk S: 1 Nature Valley bar Beenie Weenie	B: ½ slice bagel, cream cheese & ½ c fruit cocktail S: 26 goldfish & ½ c apple juice L: ½ Beef Frank, ½ oz Corn Meal Batter (egg), ¼ C Green Beans, ¼ C Fruit Salad, ¾ C Skim Milk S: 4 apple slices and 2 graham crackers Corn Dogs	B: : ½ c Special K cereal, ½ c apples, ¾ c skim milk S: 2 ½ c Celery and 1 tbsp peanut butter L: 1 oz Caesar Chicken on ½ slice tortilla, ¼ oz lettuce, ½ oz cheese stick, ¼ c carrots & cucumber, ¼ c tropical, fruit, ¾ c skim milk S: Fruit cup & 4 soda crackers Chicken Caesar Wraps
28	29	30	1	2
B: ½ slice toast with scrambled eggs, ½ c fresh fruit, ¾ c skim milk S: Fruit salad 1/8 c strawberries, cantaloupe, blueberries, oranges, & grapes w/ 4 soda crackers L: Veggie fried rice w/ ¼ c carrots, peas, onions, celery, ½ oz brown rice, ¼ c peaches, ¾ c skim milk S: ½ oz cheese stick & 4 Ritz crackers Fried Rice	B: ½ slice WW bread, ¼ C Egg, 2 T maple syrup, ½ C Fruit Salad, ¾ C Skim Milk S: ½ c fruit smoothie & 26 goldfish L: 1 ½ oz Ground Beef, ¼ C Bell Pepper, 1/8 C Onion, ¾ oz Tomato Sauce, 3 oz Brown Rice, ¼ C Fresh Fruit, ¾ C Skim Milk S: ½ c Cheerios, ½ c bananas Chili and Rice	B: 1 pancake, ½ c fruit cocktail, ¾ c skim milk S: ½ hard-boiled egg, 4 square soda crackers L: ½ Pork Frank, Hot Dog Bun, ¼ C Baked Beans, ¼ C Watermelon, ¾ C Skim Milk S: ½ oz cheese stick & 4 Graham crackers Hot Dogs		