

APRIL 2024

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	<p>1 WG Cheerios, apple & milk</p> <p>Macaroni & Cheese, steamed broccoli & cauliflower, sliced peaches & milk</p> <p>Wheat thins & grapes</p>	<p>2 WG Kix cereal, orange & milk</p> <p>Sliced turkey w/ provolone on WW, peeled baby carrots, apple & milk</p> <p>Rice cakes & sunbutter</p>	<p>3 Bagel, banana & milk</p> <p>Ham & Cheese sandwich w/ potato-leak soup, fruit salad & milk</p> <p>WG cereal snack mix & apple</p>	<p>4 WG Life cereal, orange & milk</p> <p>Black beans & rice (Vegan), corn & Sweet peppers, honey dew & milk</p> <p>Soft pretzel & sunbutter</p>	<p>5</p> <p>IC3 Work Day CLOSED</p>	<p>6</p>
<p>7 Note: Water is served for after-noon snack where no other beverage is listed</p> <p>Milk is served with breakfast and lunch</p>	<p>8 WG Life cereal, apple & milk</p> <p>Beef chili w/ crackers, orange & milk</p> <p>Goldfish & kiwi</p>	<p>9 WG Oatbran muffin, pear & milk</p> <p>BBQ pulled pork sliders, 3 bean salad, watermelon & milk</p> <p>Carrots & celery sticks & sunbutter</p>	<p>10 Waffle & applesauce & milk</p> <p>Chicken vegetable soup, bread, fruit salad & milk</p> <p>WG Triscuits & cheese</p>	<p>11 WG Kix cereal, orange & milk</p> <p>Red beans & rice (vegan), sweet potato, applesauce & milk</p> <p>Turkey & provolone roll ups w/ grapes</p>	<p>12 Hardboiled eggs & apple</p> <p>Yogurt, banana, peeled baby carrots, (Vegetarian) graham crackers & milk</p> <p>WG Wheat thins & pear</p>	<p>13</p>
<p>14 *All fruit is fresh unless otherwise stated*</p> <p>WG= Whole Grain Serving</p>	<p>15 WG Cheerios, kiwi & milk</p> <p>Veggie Pizza, green salad, cantaloupe & milk</p> <p>Pretzels & 100% apple juice</p>	<p>16 WG Oatbran muffin, apple & milk</p> <p>Ham-potato soup w/ crackers & milk</p> <p>Sunbutter & rice cakes</p>	<p>17 Bagels, banana & milk</p> <p>Beef goulash, fruit salad & milk</p> <p>WG Cereal snack mix & pear</p>	<p>18 Rice Krispies, banana & milk</p> <p>Hummus w/ pita bread, Greek salad, strawberries & milk</p> <p>WG Goldfish & apple</p>	<p>19 WG Kix cereal, orange & milk</p> <p>White chili (W/ chicken), bread, pineapple tidbits & milk</p> <p>Oatbran muffin & milk</p>	<p>20</p>
<p>21 All IC3 breakfasts are less than .212g of sugar for dry cereals*</p>	<p>22 WG Cheerios, pear & milk</p> <p>Mac & Cheese, (Vegetarian) steamed peas & carrots, sliced peaches & milk</p> <p>Sunbutter & Ritz cracker</p>	<p>23 Bagel, orange & milk</p> <p>Sweet & sour Chicken w/ WG brown rice, steamed broccoli & carrots, pineapple tidbits & milk</p> <p>Soft pretzel & cheese</p>	<p>24 Kix cereal, apple & milk</p> <p>Sunbutter (vegan) on WW, sweet potatoes, banana & milk</p> <p>Rice cake & pear</p>	<p>25 WG oatbran muffin, applesauce & milk</p> <p>Chicken-gravy & biscuit with mashed potatoes, green beans & milk</p> <p>Graham cracker & banana</p>	<p>26 Hardboiled egg, apple & milk</p> <p>Vegetarian refried beans & cheese w/ soft flour tortilla, banana & milk</p> <p>WG cereal snack mix & orange</p>	<p>27</p>
<p>28 Milk Served:</p> <p>Whole: 12month—2 years</p> <p>Skim: 2 years & Up</p>	<p>29 Waffle & applesauce & milk</p> <p>Moroccan chickpea stew (Vegan) w/ WG brown rice, kiwi & milk</p> <p>Soft pretzel & banana</p>	<p>30 WG Cheerios, pear & milk</p> <p>Tuna salad on WW, vegetable soup, apple & milk</p> <p>Goldfish & grapes</p>				