



# KESTREL HEIGHTS

## APRIL 2019

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Sloppy Joe</b> Potato Wedges Spiced Apples <b>OR</b> <b>Veggie Sloppy Joe</b> Potato Wedges Spiced Apples	<b>2</b> <b>Beef Tacos</b> Yellow Corn Seasonal Fruit <b>OR</b> <b>Black Bean Tacos</b> Yellow Corn Seasonal Fruit	<b>3</b> <b>Turkey Hot Dog</b> Mac n Cheese Green Beans	<b>4</b> <b>Moroccan Chicken Thigh</b> Glazed Carrots Rice Pilaf	<b>5</b> <b>I HEART PIZZA</b> <b>(2) Cheese Pizza</b> <b>Fruit Cup</b>
<b>8</b> <b>Breakfast for Lunch!</b> Scrambled Eggs, Turkey Bacon Hashbrown Potatoes Pancakes <b>OR</b> <b>Breakfast for Lunch!</b> Scrambled Eggs, Turkey Bacon Hashbrown Potatoes Pancakes	<b>9</b> <b>(2) Chicken Tacos</b> Yellow Corn Seasonal Fruit <b>OR</b> <b>(2) Black Bean Tacos</b> Yellow Corn Seasonal Fruit	<b>10</b> <b>Beef Hamburger</b> Sweet Potato Wedges Green Beans <b>OR</b> <b>Black Beans Veggie Burger</b> Sweet Potato Wedges Green Beans	<b>11</b> <b>Baked Beef Spaghetti</b> 5 Way Veg, Seasonal fruit <b>Or</b> <b>Baked Cheese Spaghetti</b> 5 way Veg, Seasonal Fruit	<b>12</b> <b>I HEART PIZZA</b> <b>(2) Cheese Pizza</b> <b>Fruit Cup</b>
<b>15</b> <b>Mac n Cheese</b> Broccoli Spiced Apples	<b>16</b> <b>(2) Beef Tacos</b> Yellow Corn Seasonal Fruit <b>OR</b> <b>(2) Black Bean Tacos</b> Yellow Corn Seasonal Fruit	<b>17</b> <b>Cajun Chicken Fillet Sandwich</b> Garlic Green Beans Fresh Fruit <b>OR</b> <b>Cajun Veggie Chicken Sandwich</b> Garlic Green Beans, Fresh Fruit	<b>18</b> <b>I HEART PIZZA</b> <b>(2) Cheese Pizza</b> <b>Fruit Cup</b>	<b>19</b> <b>NO SCHOOL</b>
<b>22</b> <b>BBQ Chicken</b> Potato Wedges 5 Way Veg <b>Or</b> <b>Veggie BBQ Chicken</b> Potato Wedges 5 Way Veg	<b>23</b> <b>(2) Chicken Tacos</b> Yellow Corn Seasonal Fruit <b>OR</b> <b>(2) Black Bean Tacos</b> Yellow Corn Seasonal Fruit	<b>24</b> <b>Roasted Rosemary Chicken</b> Rice Pilaf Carrots <b>OR</b> <b>Veggie Chicken</b> Rice Pilaf Carrots	<b>25</b> <b>Spaghetti &amp; Meatballs</b> Broccoli Pineapple <b>OR</b> <b>Cheesy Baked Spaghetti</b> Broccoli, Pineapple	<b>26</b> <b>I HEART PIZZA</b> <b>(2) Cheese Pizza</b> <b>Fruit Cup</b>
<b>29</b> <b>Chicken Tenders</b> Potato Wedges Green Beans <b>OR</b> <b>Veggie Chicken Tenders</b> Potato Wedges	<b>30</b> <b>(2) Beef Tacos</b> Yellow Corn Seasonal Fruit <b>OR</b> <b>(2) Black Bean Tacos</b> Yellow Corn			