

Kestrel Heights Menu – April

April				
Monday (4/1)	Tuesday (4/2)	Wednesday (4/3)	Thursday (4/4)	Friday (4/5)
Breakfast				
Milk F: Applesauce F: 100% Fruit Juice G: Golden Grahams Cereal	Milk F: Peaches F: 100% Fruit Juice G: WG Nutri-grain Bars	Milk F: Apple Slices F: 100% Fruit Juice G: Apple Cinnamon Cheerios	Milk F: Mixed Fruit F: 100% Fruit Juice G: WG Bagel w/Cream Cheese	Milk F: Pears F: 100% Fruit Juice G: Super Donut
Lunch*				
Milk CM2: WG Mac & Cheese Dinner w/Chicken V: Green Beans F: Peaches G: WG Roll	Milk M/MA: Vegetarian Beans & Turkey Franks V: Sweet Peas F: Apple Slices G: Roll G: WG Baked Cheetos	Milk M/MA: Turkey Ham/Cheese Sandwich + Cheese Stick V: Harvest Black Bean Salsa F: Mixed Fruit G: WG Corn Chips	Milk CM2: Grilled Chicken Cutlet V: Carrots F: Pears G: WG Roll	Milk CM3: Cheese Pizza Kit w/Marinara V: Romaine Lettuce F: Applesauce
Monday (4/8)	Tuesday (4/9)	Wednesday (4/10)	Thursday (4/11)	Friday (4/12)
Brakfast*				
Milk F: Mandarin Oranges F: 100% Fruit Juice G: Cinnamon Toast Crunch Cereal	Milk F: Peaches F: 100% Fruit Juice G: WG Nutri-grain Bars	Milk F: Apple Slices F: 100% Fruit Juice G: Coco Puffs Cereal	Milk F: Mixed Fruit F: 100% Fruit Juice G: WG Bagel w/Cream Cheese	SCHOOL CLOSED
Lunch*				
Milk CM2: Baked Chicken w/WG Ziti V: Green Beans F: Peaches	Milk CM2: Mini Corndog (Turkey) V: Sweet Peas F: Apple Slices	Milk CM2: Turkey Ham/Cheese Sandwich + Cheese Stick V: Harvest Black Bean Salsa F: Mixed Fruit G: WG Baked Cheetos	Milk CM2: Chicken Quesadilla w/ WG Tortilla V: Carrots F: Pears	SCHOOL CLOSED
Monday (4/15)	Tuesday (4/16)	Wednesday (4/17)	Thursday (4/18)	Friday (4/19)
Breakfast*				
Milk F: Applesauce F: 100% Fruit Juice G: Apple Cinnamon Cheerios Cereal	Milk F: Mixed Fruit F: 100% Fruit Juice G: WG Bagel w/Cream Cheese	Milk F: Pears F: 100% Fruit Juice G: Golden Grahams Cereal	Milk F: Peaches F: 100% Fruit Juice G: WG Nutri-grain Bars	Milk CM3: Cheese Pizza Kit w/Marinara V: Romaine Lettuce F: Applesauce
Lunch*				
Milk CM3: Cheesy Baked Spaghetti w/Turkey Meat sauce V: Collard Greens F: Mixed Fruit	Milk CM2: WG Chicken Nuggets V: Baked Beans, Vegetarian F: Pears	Milk CM2: M/MA: Turkey Ham/Cheese Sandwich + Cheese Stick V: Carrots F: Peaches G: WG Corn Chips	Milk CM2: Chicken & WG Waffles V: Diced Potatoes F: Mandarin Oranges	Milk CM3: Cheese Pizza Kit w/Marinara V: Romaine Lettuce F: Applesauce

Note: Menu subject to change. Food items are served at a consistency to meet each child's needs. For each entrée listed, vegetarian meals are provided with CACFP approved meat alternatives. Mixed vegetables consists of broccoli, cauliflower, carrots, peas, lima beans, celery, or potatoes. Mixed Fruit consists of pineapples, pears, peaches, and cherries. Tossed Salad consists of either carrots, red cabbage and equal parts iceberg and romaine lettuce. Chex Mix contains Corn/Wheat/Rice Chex but does not contain nuts according to manufacturer.

Menu provided above indicates the component contribution beside each item, using the following key:

M/MA- meat/meat alternative; **V**- vegetable; **F**: Fruit; **WG**- Whole Grain; and **CM2**-Combination Meal containing both meat/meat alternative and grain or vegetable components.

*During Breakfast and lunch unflavored 1% and 2% milk is served. Soy, Oat, or Almond Milk are available with proper medical documentation.

This institution is an Equal Opportunity Employer and Provider.

Kestrel Heights Menu - April

Monday (4/22)	Tuesday (4/23)	Wednesday (4/24)	Thursday (4/25)	Friday (4/26)
Breakfast*				
Milk F: Applesauce F: 100% Fruit Juice G: Coco Puffs Cereal	Milk F: Pears F: 100% Fruit Juice G: WG Bagel w/Cream Cheese	Milk F: Apple Slices F: 100% Fruit Juice G: Cinnamon Toast Crunch Cereal	Milk F: Mixed Fruit F: 100% Fruit Juice G: WG Nutri-grain Bars	Milk F: Mandarin Oranges F: 100% Fruit Juice G: Super Donut
Lunch*				
Milk CM2: Chicken & Brown Rice V: Green Beans F: Pears G: WG Roll	Milk CM2: WG Popcorn Chicken V: Baked Beans, Vegetarian F: Peaches	Milk CM2: Turkey Ham/Cheese Sandwich + Cheese Stick V: Carrots F: Mixed Fruit G: WG Baked Cheetos	Milk M/MA: Chicken Nachos V: Diced Potatoes F: Mandarin Oranges G: WG Corn Chips	Milk CM3: Cheese Pizza Kit w/Marinara V: Romaine Lettuce F: Applesauce
Monday (4/29)	Tuesday (4/30)			
Breakfast*				
SCHOOL CLOSED	Milk F: Peaches F: 100% Fruit Juice G: WG Nutri-grain Bars	Milk F: Apple Slices F: 100% Fruit Juice G: Apple Cinnamon Cheerios	Milk F: Mixed Fruit F: 100% Fruit Juice G: WG Bagel w/Cream Cheese	Milk F: Pears F: 100% Fruit Juice G: Super Donut
Lunch*				
SCHOOL CLOSED	Milk M/MA: Vegetarian Beans & Turkey Franks V: Sweet Peas F: Apple Slices G: Roll G: WG Baked Cheetos	Milk M/MA: Turkey Ham/Cheese Sandwich + Cheese Stick V: Harvest Black Bean Salsa F: Mixed Fruit G: WG Corn Chips	Milk CM2: Grilled Chicken Cutlet V: Carrots F: Pears G: WG Roll	Milk CM3: Cheese Pizza Kit w/Marinara V: Romaine Lettuce F: Applesauce

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