



APRIL 2019



Care a lot
CHILD CARE
"Caring is at the heart of what we do!"

<p><u>1</u> Breakfast Corn Chex Pineapple Tidbits</p> <p><u>Lunch</u> Meatball Subs on a Whole Wheat Roll with White Sauce Peas Fruit Cocktail</p> <p><u>Snack</u> Soy Butter Dip Apple Slices</p>	<p><u>2</u> Breakfast Wheat Toast Bananas</p> <p><u>Lunch</u> Chicken w/ Brown Rice Veggies Applesauce</p> <p><u>Snack</u> Strawberries Vanilla Yogurt</p>	<p><u>3</u> Breakfast Corn Bread Diced Pears</p> <p><u>Lunch</u> Cheese Pizza on Whole Wheat Crust Green Salad Diced Peaches</p> <p><u>Snack</u> Whole Wheat Goldfish Honeydew</p>	<p><u>4</u> Breakfast Whole Wheat Apple Cinnamon Muffin Banana</p> <p><u>Lunch</u> Hamburger Sliders Sweet Potato Tater Tots Pineapple Tidbits</p> <p><u>Snack</u> Trail Mix Grapes</p>	<p><u>5</u> Breakfast Whole Wheat English Muffin Apple</p> <p><u>Lunch</u> Turkey Sandwich Tropical Fruit Carrot Sticks</p> <p><u>Snack</u> Cheese sticks Wheat Crackers</p>
<p><u>8</u> Breakfast Corn Flakes (2gof S) Tangerine</p> <p><u>Lunch</u> Ravioli & Meat Sauce Broccoli Diced Pears</p> <p><u>Snack</u> Soft Pretzel Cheddar Cheese</p>	<p><u>9</u> Breakfast Hot Biscuit Fruit Cocktail</p> <p><u>Lunch</u> Chicken with Veggies and Brown Rice Diced Peaches</p> <p><u>Snack</u> Grapes Whole Wheat Goldfish</p>	<p><u>10</u> Breakfast Mini Quiche Apricot Halves</p> <p><u>Lunch</u> Baked Beans w/ Hot Dogs Whole Wheat Rolls Cantaloupe Cubes</p> <p><u>Snack</u> Wheat Crackers Apple Slices</p>	<p><u>11</u> Breakfast Bagel Peaches</p> <p><u>Lunch</u> Chicken Nuggets Green Beans Strawberries Whole Wheat Dinner Roll</p> <p><u>Snack</u> 1/2 Soy Butter & Jelly Sandwich</p>	<p><u>12</u> Breakfast Cinnamon Wheat Toast Fresh Banana Slices</p> <p><u>Lunch</u> Ham & Cheese Whole Wheat Wrap Corn Fruit Salad</p> <p><u>Snack</u> Yogurt with Blueberries</p>
<p><u>15</u> Breakfast Rice Krispies Mandarin Oranges</p> <p><u>Lunch</u> Chicken Pasta w/Peas and Carrots Cantaloupe</p> <p><u>Snack</u> Ritz Crackers String Cheese</p>	<p><u>16</u> Breakfast Corn Bread Banana</p> <p><u>Lunch</u> Make Your Own Sub Whole Wheat Roll Broccoli Tropical Fruit</p> <p><u>Snack</u> Fresh Mozzarella Cucumber Slices</p>	<p><u>17</u> Breakfast Homemade French Toast Sliced Peaches</p> <p><u>Lunch</u> Sloppy Joe Whole Wheat Roll Sweet Potato Fries Apple Slices</p> <p><u>Snack</u> Animal Crackers Pears</p>	<p><u>18</u> Breakfast Whole Wheat Pancakes Pineapple Tidbits</p> <p><u>Lunch</u> Cheese Pizza on Whole Wheat Crust Green Salad Pears</p> <p><u>Snack</u> Ants on a Log (Banana, Soy Butter & Raisins)</p>	<p><u>19</u></p> <p>Center Closed!</p>



Apple Ladybug Treats

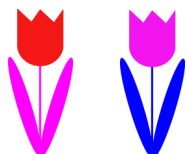
Ingredients:

2 red apples
1/4 cup raisins
1 tbsp soy butter
8 thin pretzel sticks

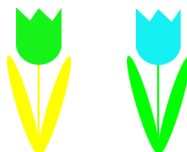
1. Slice apples in half from top to bottom and scoop out the cores using a knife or melon baller. If you have an apple corer, core them first, then slice. Place each apple half flat side down on a small plate.

2. Dab soy butter on to the back of the 'lady bug', then stick raisins onto the dabs for spots. Use this method to make eyes too. Stick one end of each pretzel stick into a raisin, then press the other end into the apples to make antennae.








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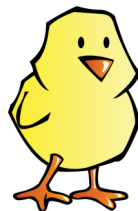
<p>22 <u>Breakfast</u> Cheerios Pear Halves</p> <p><u>Lunch</u> Soft Chicken Taco on Whole Wheat Wrap w/ Lettuce & Cheese Pineapple Chunks</p> <p><u>Snack</u> Salsa Corn Chips</p>	<p>23 <u>Breakfast</u> Whole Wheat Blue- berry Muffin Peaches</p> <p><u>Lunch</u> Soy Butter & Jelly Sandwich Mixed Vegetables Fruit Cocktail</p> <p><u>Snack</u> Apple Slices Pretzels</p>	<p>24 <u>Breakfast</u> Pigs in a Blanket Fresh Banana Slices</p> <p><u>Lunch</u> Cheeseburger Macaroni Carrots Applesauce</p> <p><u>Snack</u> Whole Wheat Pita Dip</p>	<p>25 <u>Breakfast</u> Egg & Cheese on Whole Wheat Wrap Apricots</p> <p><u>Lunch</u> Turkey Bologna Sandwich Green Beans Fresh Fruit</p> <p><u>Snack</u> Animal Crackers Orange</p>	<p>26 <u>Breakfast</u> Whole Wheat Eng- lish Muffin Cantaloupe</p> <p><u>Lunch</u> Shells w/ Beef & Sauce Steamed Broccoli Pears</p> <p><u>Snack</u> Ritz Crackers Cheese Cubes</p>
<p>29 <u>Breakfast</u> Corn Chex Pineapple Tidbits</p> <p><u>Lunch</u> Meatball Subs on a Whole Wheat Roll with White Sauce Peas Fruit Cocktail</p> <p><u>Snack</u> Soy Butter Dip Apple Slices</p>	<p>30 <u>Breakfast</u> Wheat Toast Bananas</p> <p><u>Lunch</u> Chicken w/ Brown Rice Veggies Applesauce</p> <p><u>Snack</u> Strawberries Vanilla Yogurt</p>			



Focus on whole fruits. Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal. Enjoy whole fruits with other meals and as a convenient and nutritious snack, as well.

Notes:

- This menu is peanut-free
- Whole Milk is served to children under 2 years of age
- 1% or Fat Free Milk is served with every breakfast and lunch served to children ages 3 and up
- Water is offered with snack
- This menu is subject to change



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