

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<b>Teacher Planning Day</b>	<p><b>AM Snack:</b> Organic oat cereal with organic milk</p> <p><b>Lunch:</b> Meatballs with mash potato, steamed peas and carrots</p> <p><b>Vegetarian:</b> Garbanzo meatball, mash potato, and steamed peas and carrots</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of lentil</p> <p><b>PM Snack:</b> string cheese and organic whole grain cracker</p>	<p><b>AM Snack:</b> Egg and spinach frittata</p> <p><b>Lunch:</b> Three bean stew with potatoes, white rice, and a cucumber and tomato salad</p> <p><b>Vegetarian:</b> Three bean stew with potatoes, white rice, and a cucumber and tomato salad</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Chicken and noodle</p> <p><b>PM Snack:</b> Acai organic yogurt with chia seeds</p>	<p><b>M Snack :</b> Organic banana bread</p> <p><b>Lunch:</b> Beef fajitas,, mexican rice, sour cream, and brussel sprout and broccoli slaw</p> <p><b>Vegetarian:</b> Refried beans, cilantro rice, tortilla, sour cream, and brussel sprout and broccoli slaw</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of pumpkin</p> <p><b>PM Snack:</b> Fresh fruit salad with organic toasted oats on the side</p>	<p><b>AM Snack:</b> Cheese quesadillas on organic whole wheat tortilla</p> <p><b>Lunch:</b> Ground chicken,roasted potatoes, and green beans</p> <p><b>Vegetarian:</b> Black bean stew, white rice, with steamed carrots</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Red Bean Soup</p> <p><b>Pm Snack:</b> Banana with organic whole grain crackers</p>
8	9	10	11	12
<p><b>AM Snack:</b> Organic oat cereal with organic milk</p> <p><b>Lunch:</b> Lean ground beef, vegetable rice, and refried beans</p> <p><b>Vegetarian:</b> Mixed Vegetable rice, with a lentil and potato stew</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of vegetables</p> <p><b>PM Snack:</b> Watermelon with cottage cheese</p>	<p><b>AM Snack:</b> Pancakes with fresh blueberry organic maple syrup</p> <p><b>Lunch:</b> Roasted chicken, quinoa rice and steamed broccoli</p> <p><b>Vegetarian:</b> Roasted tofu with quinoa rice, and steamed broccoli</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of potato</p> <p><b>PM Snack:</b> Naan bread with guacamole</p>	<p><b>AM Snack:</b> Diced cinnamon and honey baked peach with organic grits</p> <p><b>Lunch:</b> Sancocho with white beans and vegetables, white rice, and sweet plantains</p> <p><b>Vegetarian:</b> Vegetable and white bean sancocho, white rice, and plantains</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Tomato Bisque</p> <p><b>PM Snack:</b> String cheese with organic whole grain crackers</p>	<p><b>AM Snack:</b> Grilled cheese sandwich on organic whole grain bread</p> <p><b>Lunch:</b> Pulled turkey in a light tomato broth, sweet potato puree, and steamed green beans</p> <p><b>Vegetarian:</b> Chickpea in tomato broth, sweet potato puree, with steamed green beans</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of cauliflower</p> <p><b>PM Snack:</b> Freshly made hummus with celery and carrot sticks</p>	<p><b>AM Snack:</b> Organic multigrain muffin</p> <p><b>Lunch:</b> Ground chicken and cheese sliders, home fries, and sliced tomatoes</p> <p><b>Vegetarian:</b> Black bean burger, home fries and sliced tomatoes</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of mushroom</p> <p><b>PM Snack:</b> Fresh cut apples with raspberry cream cheese</p>

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<p style="text-align: center;"><b>15</b></p> <p><b>AM Snack:</b> Organic oat cereal and milk</p> <p><b>Lunch:</b> Arroz con pollo, sweet plantains, with roasted asparagus and carrots</p> <p><b>Vegetarian:</b> white bean and vegetable rice with roasted plantains</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Lentil soup</p> <p><b>PM Snack:</b> Fresh cut apples with honey crackers</p>	<p style="text-align: center;"><b>16</b></p> <p><b>AM Snack:</b> Organic french toast with organic banana maple syrup</p> <p><b>Lunch:</b> Lean ground beef, corn rice, tortilla, sour cream, and diced tomatoes</p> <p><b>Vegetarian:</b> Refried beans, cilantro rice, tortilla, sour cream, and brussel and broccoli slaw</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of brussel sprout and kale</p> <p><b>PM Snack:</b> Fresh homemade hummus with naan bread</p>	<p style="text-align: center;"><b>17</b></p> <p><b>AM Snack:</b> Egg frittata with spinach</p> <p><b>Lunch:</b> Vegetable Blend marinara, whole grain pasta, green beans and shredded carrots</p> <p><b>Vegetarian:</b> Vegetable Blend marinara, whole grain pasta, and green beans with shredded carrots</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of chicken and rice</p> <p><b>PM Snack:</b> Organic vanilla yogurt with chia seeds</p>	<p style="text-align: center;"><b>18</b></p> <p><b>AM Snack:</b> Cottage cheese and berries with organic wheat toast</p> <p><b>Lunch:</b> Lean ground turkey, Yuca fries with peppers and steamed corn</p> <p><b>Vegetarian:</b> Lentil stew, Yucca fries, with peppers and steamed corn</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of cauliflower</p> <p><b>PM Snack:</b> String cheese with organic multigrain crackers</p>	<p style="text-align: center;"><b>19</b></p> <p><b>AM Snack:</b> Organic whole grain cheese quesadillas</p> <p><b>Lunch:</b> Chicken teriyaki, white rice, and steamed broccoli</p> <p><b>Vegetarian:</b> Tofu teriyaki, white rice, steamed broccoli</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Egg drop soup</p> <p><b>PM Snack:</b> Fresh Fruit salad with toasted organic oats on the side</p>
<p style="text-align: center;"><b>22</b></p> <p><b>AM Snack:</b> Organic oat cereal with milk</p> <p><b>Lunch:</b> Hawaiian chicken with pineapple and diced peppers, white rice and plantains</p> <p><b>Vegetarian:</b> Hawaiian tofu with pineapples and peppers, white rice and plantains</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Split pea</p> <p><b>PM Snack:</b> Organic fresh cut watermelon and organic whole grain crackers</p>	<p style="text-align: center;"><b>23</b></p> <p><b>AM Snack:</b> Organic pancakes with organic banana maple syrup</p> <p><b>Lunch:</b> Beef and red bean chili, with white rice, and crispy broccoli</p> <p><b>Vegetarian:</b> Red bean chili, with white rice, and crispy broccoli</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of potato</p> <p><b>PM Snack:</b> Naan bread with cottage cheese</p>	<p style="text-align: center;"><b>24</b></p> <p><b>AM Snack:</b> Organic banana bread</p> <p><b>Lunch:</b> Mac and cheese with white beans and peas, lemon infused cauliflower</p> <p><b>Vegetarian:</b> Mac and cheese, with white beans and peas, and lemon infused cauliflower</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Chicken and potato soup</p> <p><b>PM Snack:</b> String cheese with berries</p>	<p style="text-align: center;"><b>25</b></p> <p><b>AM Snack:</b> Strawberry yogurt with organic granola</p> <p><b>Lunch:</b> Ground cuban turkey with peppers and onions, arroz moro, and buttery steamed carrots</p> <p><b>Vegetarian:</b> Black bean stew, arroz moro, and steamed carrots</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Tomato Bisque</p> <p><b>PM Snack:</b> Organic banana and whole wheat crackers</p>	<p style="text-align: center;"><b>26</b></p> <p><b>AM Snack:</b> Honey baked gala apples with organic whole grain crackers</p> <p><b>Lunch:</b> Chicken tenders, cheesy grits, and a garden salad</p> <p><b>Vegetarian:</b> Falafel, cheesy grits, and a garden salad</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of broccoli</p> <p><b>PM Snack:</b> Sliced carrots and cucumber with organic ranch dip</p>
<p style="text-align: center;"><b>29</b></p> <p><b>AM Snack:</b> Organic oat cereal with milk</p> <p><b>Lunch:</b> Bbq meatballs, Cauliflower and grain rice, with steamed peas</p> <p><b>Vegetarian:</b> Bbq beans, cauliflower and grain rice, with steamed peas</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> Cream of black bean</p> <p><b>PM Snack:</b> Fresh organic bananas and whole grain crackers</p>	<p style="text-align: center;"><b>30</b></p> <p><b>AM Snack:</b> Organic blueberry muffin</p> <p><b>Lunch:</b> Pulled chicken, arroz con gandules, and steamed peas and carrots</p> <p><b>Vegetarian:</b> pigeon pea stew, white rice, and steamed peas and carrots</p> <p><b>Dessert:</b> Fresh Cut Fruit</p> <p><b>Soup:</b> cream of cauliflower</p> <p><b>PM Snack:</b> String cheese with diced watermelon</p>			

\*Menus are subject to change from week to week based on food shortages and high demand