



<b>MON 3.29</b>	<b>TUES 3.30</b>	<b>WED 3.31</b>	<b>THURS 4.1</b>	<b>FRI 4.2</b>
Whole grain cereal fresh fruit milk	Breakfast Quesadillas Cheese, spinach, and eggs in tortillas fresh fruit milk	Breakfast Parfait made with plain, unsweetened yogurt, fresh berries, and granola milk	Pancakes fresh fruit milk	Old fashioned rolled oats with a touch maple syrup fresh fruit milk
Seasonal fresh fruit and vegetables milk	Seasonal fresh fruit and vegetables milk	Seasonal fresh fruit and vegetables milk	Seasonal fresh fruit and vegetables milk	Seasonal fresh fruit and vegetables milk
PBJ sandwich fresh vegetables fresh fruit milk	Tomato soup and cheesy bread fresh vegetables fresh fruit milk	Caesar salad wraps with turkey in whole wheat tortillas fresh vegetables fresh fruit milk	Quinoa bowls made with grilled chicken and vegetables fresh fruit milk	Macaroni and cheese with steamed broccoli fresh fruit milk
Fresh fruit milk	All natural unsweetened applesauce and crackers	Fresh vegetables with hummus	Whole wheat crackers Cheddar cheese	Garden vegetable straws with sea salt milk
<b>MON 4.5</b>	<b>TUES 4.6</b>	<b>WED 4.7</b>	<b>THURS 4.8</b>	<b>FRI 4.9</b>
Whole grain cereal fresh fruit milk	Toast with jam fresh fruit milk	Cage free scrambled eggs with toast fresh fruit milk	Waffles fresh fruit milk	Old fashioned rolled oats lightly sweetened with brown sugar fresh fruit milk
Seasonal fresh fruit and vegetables milk	Seasonal fresh fruit and vegetables milk	Seasonal fresh fruit and vegetables milk	Seasonal fresh fruit and vegetables milk	Seasonal fresh fruit and vegetables milk
Hot ham and cheese sandwich fresh vegetables fresh fruit milk	Taco Tuesday! Ground turkey tacos in corn tortillas fresh vegetables fresh fruit milk	Chicken nuggets fresh vegetables fresh fruit milk	Madras lentils over brown rice fresh vegetables fresh fruit milk	Breakfast for lunch! Scrambled eggs with spinach toast breakfast sausage fresh fruit milk
Fresh fruit milk	All natural unsweetened applesauce and crackers	Fresh vegetables with hummus	Crackers cheddar cheese	Garden vegetable straws with sea salt milk

