

April 2026	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (Week 2)			1 4 oz. Orange Juice 2 Hardboiled Eggs 1 sl. Cheese 2 sl. WG Bread 8 oz 1% Milk	2 1 ea. Toasted Oats Cereal 1 ea. Peanut Butter 2 sl. WG Bread 1 Banana 8 oz 1% Milk	3 4 oz. Orange Juice 2 Hardboiled Egg 1 sl. Cheese 2 sl. WG Bread/margarine cups 8 oz. 1% Milk
LUNCH			3 oz. Chicken Thigh in A La King Sause ½ c. Black Eyed Peas ½ c. Corn w/Diced Tomatoes 1 sl. WW Bread 4 oz. Mixed Fruit Cup 8 oz 1% Milk	3 oz. Meatloaf w/Tomato Sauce ½ c. Mashed Potatoes ½ c. Glazed Carrots 1 sl. WG Bread 4 oz. Apple Cherry Juice 8 oz. 1% Milk	3 oz. Honey Orange Glazed Chicken Drumsticks ½ c. Brussels Sprouts ½ c. Butternut Squash 1 WW Roll 1 Margarine cup 8 oz. 1% Milk
BREAKFAST (Week 3)	6 4 oz. Orange Juice 2 oz. Cottage Cheese 1 ea. Peanut Butter 1 pk. Braham Crackers 2 sl. WG Bread 8 oz 1% Milk	7 4 oz. Apple Juice 2 sl. WG Bread 1 Hardboiled Egg 1 sl. Cheese 1 Banana 8 oz 1% Milk	8 4 oz. Apple Juice 2 sl. Raisin Bread 1 ea. Peanut Butter/Jelly 1 ea. Nutri-grain Bar 8 oz Milk	9 4 oz Orange Juice 2 Hardboiled Eggs 1 sl. Cheese 2 sl. WG Bread 8 oz 1% Milk	10 1 ea. Mini Wheats Cereal 2 sl. Rye Bread 1 ea. Peanut Butter/Jelly 4 oz. Applesauce 8 oz. 1% Milk
LUNCH	8 oz. Chicken Garden Casserole ½ c. Summer Blend Vegetables ½ c. Green Peas 1 sl. WG Roll 4 oz. Apple Juice Holiday Dessert 8 oz 1% Milk "Spring Celebration"	3 oz. Pulled Pork Sandwich ½ c. Stewed Tomatoes ½ c. Country Vegetable Medley 1 Hamburger bun 1 pk. Sandwich Cookies 1 Apple 8 oz 1% Milk	3 oz. Teriyaki Meatballs ½ c. Confetti Corn ½ c. White Rice 1 WG Roll 4 oz Applesauce 8 oz 1% Milk	3 oz. Honey Mustard Chicken Thigh ½ c. Peas & Carrots ½ c. Scalloped Potatoes 1 sl. WG Bread 8 oz 1% Milk	Vegetarian Burrito Bowl ½ c. Yellow Rice w/Tomato & Chives ½ c. Peppers & Onions ½ c. Black Bean & Corn Salsa 1 oz. Cheddar Cheese 1 WW Tortilla 4 oz. Blended Juice 8 oz. 1% Milk
BREAKFAST (Week 4)	13 4 oz Orange Juice 2 sl. WG Bread 2 Hardboiled Eggs 1 sl. Cheese 8 oz 1% Milk	14 2 oz. Cottage Cheese 2 sl. WG Bread 1 ea. Peanut Butter/Margarine 4 oz. Fruit Cup 8 oz 1% Milk	15 4 oz. Apple Juice 2 sl. WG Bread 1 Hardboiled Egg 1 sl. Cheese 1 Banana 8 oz. 1% Milk	16 4 oz. Apple Cherry Juice 2 sl. Raisin Bread 1 ea. Peanut Butter/Jelly 1 ea. Nutri-grain Bar 8 oz 1% Milk	17 4 oz. Orange Juice 2 Hardboiled Eggs 1 sl. Cheese 2 sl. WG Bread 8 oz. 1% Milk
LUNCH	3 oz. Chicken Thigh w/Gravy ½ c. Brussels Sprouts ½ c. Garlic Mashed Potatoes 1 sl. WG Bread 4 oz. Blended juice 8 oz. 1% Milk	8 oz. Pasta Florentine Casserole ½ c. Carrot Coins ½ c. Green Beans w/ Red Peppers 1 WW Roll 8 oz. 1% Milk	3 oz. Hamburger ½ c. Northern Beans w/Peppers & Onions ½ c. Diced Potatoes 1 Hamburger Bun 1 pkt. Ketchup 1 pkt. Graham Crackers 8 oz. 1% Milk	3 oz. Dijon Chicken Salad ½ c. Cucumber Red Onion Salad ½ c. Chickpea Salad 1 sl. WG Bread 1 pk. Sandwich Cookies 8 oz 1% Milk	8 oz. Penne Bolognese ½ c. Peas & Carrots ½ c. Yellow Corn 1 sl. WG Bread 4 oz. Apple Juice 8 oz. 1% Milk
BREAKFAST (Week 1)	20 4 oz. Orange Juice 1 ea. Toasted Oats Cereal 1 ea. Peanut Butter 2 sl. WG Bread 8 oz. 1% Low Fat Milk	21 4 oz. Apple Juice 2 sl. WG Bread 1 Hardboiled Egg 1 sl. Cheese 1 Banana 8 oz. 1% Low Fat Milk	22 4 oz. Apple Juice 1 ea. Mini Wheats Cereal 1 Bagel 1 ea. Cream Cheese 2 Margaribe cups 8 oz.. 1% Milk Low fat Milk	23 4 oz. Apple Cherry Juice 2 Hardboiled Eggs 1 sl. Cheese 2 sl. WG Bread w/Jelly 8 oz 1% Milk	24 4 oz. Orange Juice 2 sl. Raisin Bread 1 ea. Peanut Butter 1 ea. Nutri-Grain Bar 8 oz 1% Milk
LUNCH	3 oz. Meatballs in Onion Beef Gravy ½ c. Country Vegetable Medley ½ c. Potato Onion Souffle 1 Dinner Roll 4 oz. Apple Juice 8 oz 1% Milk	3 oz. Sweet & Sour Chicken Thigh ½ c. Confetti Corn ½ c. Squash Carrot Medley 1 WG Roll 1 Cherry Cookie 8 oz. 1% Low Fat Milk	3 oz. Beef Patty w/Brown Gravy ½ c/ Garlic Green Beans ½ c. Rice Pilaf 1 sl. WG Breaif 4 oz. Applesauce 8 oz. 1% Low Fat Milk	3 oz. Breaded Chicken Sandwich ½ c. Northern Bean w/ Peppers & Onions ½ c. Cheesy Mashed Potatoes 1 Hamburger Bun 1pkt. Ketchup 4 oz. Apple Cherry Juice 8 oz 1% Milk	8 oz. Beef Macaroni Casserole ½ c. Butternut Squash ½ c. Glazed Carrots 1 sl. WW Bread 1 Sugar Cookie 8 oz. 1% Milk
BREAKFAST (Week 2)	27 4 oz Apple Juice 1 ea. Raisin Bran Cereal 2 sl. Rye Bread 1 ea. Peanut Butter/Margarine 8 oz. 1% Milk	28 2 oz. Cottage Cheese 2 sl. WG Bread 1 ea. Peanut Butter/Margarine 4 oz. Fruit Cup 8 oz 1% Milk	29 4 oz. Orange Juice 2 Hardboiled Eggs 1 sl. Cheese 2 sl. WG Bread 8 oz 1% Milk	30 1 ea. Toasted Oats Cereal 1 ea. Peanut Butter 2 sl. WG Bread 1 Banana 8 oz 1% Milk	West Lake Worth!
LUNCH	3 oz. Chicken Patty w/Mandarin Sauce ½ c. Swsame Green Beans ½ c. White Rice 1 WW Roll 4 oz. Citrus Fruit Cup 1 Margarine 8 oz. 1% Milk	3 oz. Cheeseburger w/Cheese ½ c. Peas & Carrots ½ c. Baked Beans 1 Hamburger Bun 1 pkt. Ketchup 8 oz 1% Milk	3 oz. Chicken Thigh in A La King Sause ½ c. Black Eyed Peas ½ c. Corn w/Diced Tomatoes 1 sl. WW Bread 4 oz. Mixed Fruit Cup 8 oz 1% Milk	3 oz. Meatloaf w/Tomato Sauce ½ c. Mashed Potatoes ½ c. Glazed Carrots 1 sl. WG Bread 4 oz. Apple Cherry Juice 8 oz. 1% Milk	This menu is subject to change!