

Monthly Menu Plan
Month of: April 2024

Sponsor: CHILD CARE RESOURCES INC.
(855) 427-2888

Monday		Tuesday		Wednesday		Thursday		Friday	
1	<p>L: Egg Salad, Buns - Whole Grain (1oz/28g)(WG), Garden Salad, Applesauce, Lowfat Milk - 1%</p> <p>Egg Salad Sandwich</p>	2	<p>L: Beef Ground, Tortilla Chips - WGR (1 oz/28g) (WG), Black Beans, Mandarin Oranges, #10 can, Lowfat Milk - 1%</p> <p>Taco Salad</p>	3	<p>L: Beef Ground, Brown Rice, WG (1oz eq/28 gm/1/2c) (WG), Broccoli, Pear, canned #10, Lowfat Milk - 1%</p> <p>Broccoli Cheddar Casserole</p>	4	<p>L: Beef Ground, Macaroni Noodles (1oz eq/28g), Tomato Sauce / Paste, Tropical Fruit, Lowfat Milk - 1%</p> <p>Goulash</p>	5	<p>L: Beef Ground, Brown Rice, WG (1oz eq/28 gm/1/2c) (WG), Mixed Vegetables, Peaches / Nectarines, Lowfat Milk - 1%</p> <p>Beef Stir Fry</p>
	<p>D: Cheddar Cheese, Macaroni Noodles (1oz eq/28g), Mixed Vegetables, Applesauce, Lowfat Milk - 1%</p> <p>Mac and Cheese</p>		<p>D: Turkey Ground, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Corn, Mandarin Oranges, #10 can, Lowfat Milk - 1%</p> <p>Arroz Con Pavo</p>		<p>D: Beef Ground, Macaroni Noodles (1oz eq/28g), Tomato Sauce / Paste, Tropical Fruit, Lowfat Milk - 1%</p> <p>Goulash</p>		<p>D: Beef Ground, Brown Rice, WG (1oz eq/28 gm/1/2c) (WG), Mixed Vegetables, Tropical Fruit, Lowfat Milk - 1%</p> <p>Beef Stir Fry</p>		<p>D: Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Broccoli, Peaches / Nectarines, Lowfat Milk - 1%</p> <p>Broc Cheddar casserole</p>
8	<p>L: American Cheese (100% cheese), Bread - 100% Whole Wheat(WG), Tomato Soup, Applesauce, Lowfat Milk - 1%</p> <p>Grilled Cheese, Tomato Soup</p>	9	<p>L: Chicken Breasts, Flour Tortillas (1oz eq/28g), Salsa, Applesauce, Lowfat Milk - 1%</p> <p>Chicken Tacos</p>	10	<p>L: Chicken Breasts, Biscuit - WGR(WG), Mixed Vegetables, Pear, canned #10, Lowfat Milk - 1%</p> <p>Chicken Pot Pie</p>	11	<p>L: Beef Ground, Penne Pasta -WG (1oz eq/28g/1/2c) (WG), Tomato Sauce / Paste, Peaches / Nectarines, Lowfat Milk - 1%</p> <p>Tomato Basil Pasta</p>	12	<p>L: Beef Ground, Buns - Whole Wheat WG (1oz/28g) (WG), Mixed Vegetables, Tropical Fruit, Lowfat Milk - 1%</p> <p>Sloppy Joe</p>
	<p>D: Kidney Beans, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Green Beans, Applesauce, Lowfat Milk - 1%</p> <p>Red Beans and Rice</p>		<p>D: Turkey Ground, Flour Tortillas (1oz eq/28g), Black Beans, Applesauce, Lowfat Milk - 1%</p> <p>Mexican Lasagna</p>		<p>D: Beef Ground, Penne Pasta -WG (1oz eq/28g/1/2c) (WG), Tomato Sauce / Paste, Pears, Lowfat Milk - 1%</p> <p>Tomato Basil Pasta</p>		<p>D: Beef Ground, Buns - Whole Wheat WG (1oz/28g) (WG), Mixed Vegetables, Peaches / Nectarines, Lowfat Milk - 1%</p> <p>Sloppy Joes</p>		<p>D: Chicken Breasts, Biscuit - WGR(WG), Mixed Vegetables, Tropical Fruit, Lowfat Milk - 1%</p> <p>Chicken Pot Pie</p>

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<p>15</p> <p>L: Chickpeas/Hummus, Rolls-100% Whole Wheat(WG), Garden Salad, Applesauce, Lowfat Milk - 1% Roasted Vegetable Salad</p> <p>D: Mozzarella Cheese, Penne Pasta -WG (1oz eq/28g/1/2c)(WG), Mixed Vegetables, Mandarin Oranges, #10 can, Lowfat Milk - 1% Veggie Alfredo</p>	<p>16</p> <p>L: Beef Ground, Noodles - Other, Salsa, Mandarin Oranges, #10 can, Lowfat Milk - 1% Taco Pasta</p> <p>D: Turkey Ground, Cornbread/Corn Muffin - WGR (1oz/34g)(WG), Black Beans, Applesauce, Lowfat Milk - 1% Tamale Pie</p>	<p>17</p> <p>L: Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Peas, Pear, canned #10, Lowfat Milk - 1% Jamaican Rice and Peas</p> <p>D: Beef Ground, Egg Noodles (1oz eq/28gm), Mixed Vegetables, Pear, canned #10, Lowfat Milk - 1% Beef Stroganoff</p>	<p>18</p> <p>L: Beef Ground, Egg Noodles, Mixed Vegetables, Tropical Fruit, Lowfat Milk - 1% Beef Stroganoff</p> <p>D: Chicken Breasts, Brown Rice, WG (1oz/28g)(WG), Mixed Vegetables, Peaches / Nectarines, Lowfat Milk - 1% Chicken teriyaki</p>	<p>19</p>
<p>22</p> <p>L: Cheddar Cheese, Macaroni Noodles (1oz eq/28g), Mixed Vegetables, Mandarin Oranges, #10 can, Lowfat Milk - 1% Mac and Cheese</p> <p>D: Mozzarella Cheese, Lasagna Noodles, Zucchini Squash, Mandarin Oranges, #10 can, Lowfat Milk - 1% Veggie Lasagna</p>	<p>23</p> <p>L: Chicken Breasts, Flour Tortillas (1oz eq/28g), Pinto Beans, Applesauce, Lowfat Milk - 1% Chicken Fajitas</p> <p>D: Beef Ground, Tortilla Chips - WGR (1 oz/28g) (WG), Black Beans, Mandarin Oranges, #10 can, Lowfat Milk - 1% Beef Nachos</p>	<p>24</p> <p>L: Chicken Salad, Buns - Whole Grain (1oz/28g)(WG), Garden Salad, Pear, canned #10, Lowfat Milk - 1% Chicken Salad</p> <p>D: Turkey Ground, Penne Pasta, Tomato Sauce / Paste, Pears, Lowfat Milk - 1% Baked Ziti</p>	<p>25</p> <p>L: Turkey Ground, Penne Pasta -WG (1oz eq/28g/1/2c) (WG), Tomato Sauce / Paste, Peaches / Nectarines, Lowfat Milk - 1% Baked Ziti</p> <p>D: Beef Ground, Brown Rice, WG (1oz/28g)(WG), Mixed Vegetables, Tropical Fruit, Lowfat Milk - 1% Dirty Rice</p>	<p>26</p> <p>L: Beef Ground, Brown Rice, WG (1oz eq/28 gm/1/2c) (WG), Mixed Vegetables, Tropical Fruit, Lowfat Milk - 1% Dirty Rice</p> <p>D: Beef Ground, Macaroni Noodles (1oz eq/28g), Mixed Vegetables, Peaches / Nectarines, Lowfat Milk - 1% Chili Mac and Cheese</p>

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<p>29</p> <p>L: Kidney Beans, Cornbread/Corn Muffin (1oz eq/34g)(WG), Mixed Vegetables, Mandarin Oranges, Lowfat Milk - 1% Veggie Chili</p> <p>D: Navy Beans, Rolls-100% Whole Wheat(WG), Sweet Potatoes/Yams (not as fries), Applesauce, Lowfat Milk - 1% Veggie Shephard's Pie</p>	<p>30</p> <p>L: Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Lettuce / Salad, fresh, Applesauce, Lowfat Milk - 1% Burrito Bowl</p> <p>D: Beef Ground, Flour Tortillas (1oz eq/28g), Lettuce / Salad, fresh, Mandarin Oranges, #10 can, Lowfat Milk - 1% Beef Tacos</p>			